



AUCKLAND
SECONDARY SCHOOL
OLYMPIC
WEIGHTLIFTING CHAMPIONSHIPS

Weightlifting Competition Entry & Competition Information 2023

Dates & Venues

27th May 2023

Location: One Tree Hill College

Schedule*

9:00am Session 1 – Girls
11:30am Session 2 – Boys
2:00pm Prizegiving

**Please note, event schedule is not finalised until entry numbers are confirmed.*

Grades & Weight Categories

Grades	Weight Categories
Boys	• 55 kg
	• 61 kg
	• 67 kg
	• 73 kg
	• 81 kg
	• 89 kg
	• 96 kg
	• 102 kg
	• 109kg
	• 109kg+
	• 45kg
	• 49kg
	• 55kg
	• 59kg
Girls	• 64kg
	• 71kg
	• 76kg
	• 81kg
	• 87kg
	• 87kg+

Entries / Team Registration

- Entries must be submitted online via Enter Now by 10am, Thursday May 11th.
- 1. Athletes withdrawn after the entries closing date may be liable for the entry fees.
- 2. By entering any College Sport Auckland competition schools give permission for College Sport Auckland to use images taken at events/competitions on the College Sport website and social media platforms.
- 3. Refer to the College Sport Auckland [Bylaws](#).

Team Management

All competitors must have a teacher or adult with them the competition. This person must be aware of any medical problems of students in the team, implement the rules of the competition, and supervise the students. Competitors without supervision may not be able to compete.

Competition Format

All athletes will complete 3 attempts in the Snatch and 3 attempts in the Clean & Jerk, with their heaviest Snatch and heaviest Clean & Jerk contributing towards their Total.

- The competition will run in the standard format of an ascending bar from lightest to heaviest attempt, with lifts scored as 'good lift' or 'no lift' and placing determined by Total/Sinclair score.

Uniforms

Athletes have the option to compete in either;

- The School PE or other Sport uniform
- A weightlifting suit

Please note knees and elbows must be visible to referees, and shirts tucked in.

Rules

- In attending this event all athletes are bound by Weightlifting New Zealand and Drug Free Sport New Zealand rules and regulations
- All athletes and coaches must hold a current Weightlifting New Zealand membership. Please direct any questions on this requirement to sport@weightlifting.nz
- Athletes are required to weigh in for this event. Weigh in will take place between two and one hours before the start of the athlete's session. Athletes may weigh in in light clothing, or underwear, and can choose to have a trusted adult present with them during weigh in

Following the close of entries school contacts will be sent further information regarding specifics of this event, including confirmation of event schedule.