



AUCKLAND
SECONDARY SCHOOL
OLYMPIC
WEIGHTLIFTING CHAMPIONSHIPS

Weightlifting Competition Entry & Competition Information 2024

Dates & Venues

Saturday 18th May and Sunday 19th May 2024

Location: Kolmar, Sutton Crescent, Papatoetoe, Auckland

Estimated Schedule*

9:00am First session (each day)

4:30pm Final session (each day)

6:30pm Finish of day

**Please note, event schedule is not finalised until entry numbers are confirmed. Please also note competitors are required approximately 2 hours prior to their session for weigh in.*

Grades & Weight Categories

Boys	Girls
<ul style="list-style-type: none">• 55 kg• 61 kg• 67 kg• 73 kg• 81 kg• 89 kg• 96 kg• 102 kg• 102+ kg	<ul style="list-style-type: none">• 45kg• 49kg• 55kg• 59kg• 64kg• 71kg• 76kg• 81kg• 81+ kg

Entries / Team Registration

- Entries must be submitted online via Enter Now by 10am, Thursday 2nd May.
- 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 Athletes withdrawn after the entries closing date may be liable for the entry fees.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 for 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.

Weightlifting NZ Membership:

All athletes must be WNZ 2024 registered members. Please see membership document under Weightlifting information tab on the College Sport Auckland website.

Clean Sport Requirements

Please also see information regarding athlete testing requirements alongside the WNZ membership information found under Weightlifting information tab on the College Sport Auckland website.

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.