



Weightlifting.

## SPORTS INFORMATION GUIDE

Amendments: January 2017, 1.0 Competition Dates, 2.0 Competition Format, 4.0 Competition Details

The Weightlifting competition at World Masters Games 2017 (WMG2017) is also the International Weightlifting Federation (IWF) Masters Weightlifting Championships.

### 1.0 Competition Dates

The following schedule is subject to change based on final entries and should be used as guide only. Session times will be advised once entries have closed.

Date	22/4 Sat	23/4 Sun	24/4 Mon	25/4 Tue	26/4 Wed	27/4 Thu	28/4 Fri	29/4 Sat
Comp Day	1	2	3	4	5	6	7	8
Age Group Men: All Bodyweight Categories	M 80, 75, 70	M 65, 60	M 55	M 50	M 45	M 40	M 40, 35	M 35
Age Group Women: All Bodyweight Categories	W 70, 65	W 60	W 55	W 50	W 45	W 40	W 35	

Further details of ancillary events are outlined in Section 4.4.

Tuesday 25 April 2017 is also Anzac Day – a national day of remembrance in New Zealand and Australia, which commemorates servicemen and women who have served and died, and honours those that have returned. In line with the respect and tradition afforded to this national day, any sport competition on Anzac Day will not commence until the afternoon.

### 2.0 Competition Format

The WMG2017 Weightlifting competition involves the events in the following weight and age categories:

Event	Weight Category	Age Categories
Men's	56kg, 62kg, 69kg, 77kg, 85kg, 94kg, 105kg, +105kg	35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+
Women's	48kg, 53kg, 58kg, 63kg, 69kg, 75kg, 90kg, +90kg	35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

The winner of each category will be the athlete with the highest total score, when combining the results from the respective Snatch, and Clean and Jerk lifts in the competition.

Please note that as of 1 January 2017, the IWF will include two new Women's body weight categories, which will be comprised in the WMG2017 competition.

In line with the sport-specific rules, an athlete must compete in their designated age group, with your age determined as at 31 December 2017. For example, if you turn 40 by 31 December 2017, you would compete in the 40-44 age category.

If there are insufficient entries in an age category, categories may be combined in order to conduct a viable competition. The awarding of medals will not be affected, that is, individuals will still be awarded medals in the age and weight category in which they originally entered.

### **3.0 Venue Details**

WMG2017 Weightlifting competition will take place at the following competition venue:

<b>Venue Name</b>	AUT Millennium
<b>Venue Information</b>	17 Antares Place, Rosedale, Auckland 0632; located just over 15km north of central Auckland.
<b>Transport Information</b>	As parking is very limited at the venue, WMG2017 strongly recommends the use of public transport. More detailed transport information will be made available closer to Games time.

A competition area will be established within the area, together with a warm-up area. The venue has been used for previous national and regional Weightlifting events and is within a venue precinct also including Athletics, Softball and Swimming.

Training facilities will be confirmed in future editions of the Weightlifting Sports Information Guide.

### **4.0 Competition Details**

#### **4.1 Competition standards and rules**

The WMG2017 Weightlifting event will be conducted in line with the competition rules of the International Weightlifting Federation (IWF) Masters, or as otherwise specified in this document.

#### **4.2 Minimum qualification standards**

In order to compete in the World Masters Weightlifting Championships (as part of WMG2017), each athlete must be able to satisfy the minimum qualification standard for total lift as outlined by IWF Masters Weightlifting. Each athlete is requested to provide details of most recent best performance, in addition to minimum starting lifts, as part of the registration process. See below for current IWF Masters Qualifying Totals;

### Men's Qualifying Totals

Weight Category	Age Groups									
	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
-										
56	155.0	147.0	140.0	130.0	115.0	105.0	92.0	75.0	67.0	55.0
62	172.0	162.0	155.0	142.0	127.0	117.0	102.0	82.0	75.0	55.0
69	187.0	177.0	170.0	157.0	140.0	127.0	112.0	90.0	82.0	60.0
77	202.0	192.0	185.0	170.0	152.0	137.0	120.0	97.0	87.0	65.0
85	215.0	205.0	195.0	180.0	162.0	147.0	127.0	102.0	95.0	70.0
94	227.0	215.0	205.0	190.0	170.0	155.0	135.0	107.0	97.0	72.0
105	237.0	225.0	212.0	197.0	177.0	160.0	140.0	112.0	102.0	77.0
+105	245.0	232.0	222.0	205.0	182.0	167.0	145.0	117.0	107.0	80.0

### Women's Qualifying Totals

Weight Category	Age Groups							
	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70+
-								
48	82.0	80.0	72.0	67.0	60.0	55.0	50.0	46.0
53	90.0	85.0	77.0	72.0	65.0	57.0	52.0	48.0
58	95.0	90.0	82.0	75.0	67.0	62.0	55.0	50.0
63	100.0	95.0	85.0	77.0	70.0	65.0	57.0	53.0
69	102.0	97.0	90.0	82.0	75.0	67.0	60.0	56.0
75	107.0	100.0	92.0	85.0	77.0	70.0	62.0	58.0
90	112.0	105.0	97.0	90.0	82.0	72.0	65.0	61.0
+90	112.0	105.0	97.0	90.0	82.0	72.0	65.0	61.0

As Women's weight categories have changed since registrations opened in February 2016, Women in the new 90 and +90 weight class will be verified under their previous qualification.

### 4.3 Qualifying period

Please note that the Qualifying period has been extended. Qualification standards can be met at any nationally recognised event up to **3 March 2017**. New Zealand athletes, please see the Olympic Weightlifting New Zealand website for a calendar of events (<http://olympicweightlifting.nz/events/>). International athletes, please contact your National Federation or local club for further information and details of upcoming nationally recognised events.

#### 4.4 Ancillary Events

Date	Ancillary Event	Location
Friday 21 April 2017	Verification of Entries (2:00pm)	AUT Millennium, Rosedale, Auckland
	Technical Meeting (3:00pm)	AUT Millennium, Rosedale, Auckland
	WMG2017 Opening Ceremony (5:30pm)	Eden Park, Kingsland, Auckland
Wednesday 26 April 2017	IWFM Congress of Nations (7:00pm)	AUT Millennium, Rosedale, Auckland
Saturday 29 April 2017	IWFM Closing Banquet (7:00pm)	AUT Millennium, Rosedale, Auckland
Sunday 30 April 2017	WMG2017 Closing Ceremony (6:00pm)	Queens Wharf, Central Auckland

#### 4.5 National Federation verification of athlete registration

In order to compete in the World Masters Weightlifting Championships (as part of WMG2017), details of your registration will be sent to your National Weightlifting Federation by WMG2017 for verification and endorsement. Confirmed registration in the Weightlifting competition is subject to National Weightlifting Federation endorsement.

An athlete is not required to be 'selected' by a National Federation to compete at the Games, as entry is open to any athlete that can satisfy the minimum qualifying standards. However, each athlete registration will require verification by the National Federation to ensure that the athlete is in good standing and not subject to any current form of sanction.

#### 4.6 Verification of Entries

Athletes are not required to attend Verification of Entries, unless they wish to **drop down** a bodyweight division or change their Entry Total. In which case, the athlete or nominated representative must attend the Verification of Entries at AUT Millennium (competition venue) on Friday 21 April 2017 at 2pm.

#### 4.7 Technical meeting

A Weightlifting Technical meeting for Officials is proposed to be held at AUT Millennium on Friday 21 April 2017 at 3pm. Officials will be briefed and duties during the event will be confirmed. Athlete's are not required to attend this meeting.

#### 4.8 Weigh-in

A weigh-in will be scheduled for two hours prior to the commencement of each session. Each weigh-in will be open for a maximum of one hour and all athletes must attend the weigh-in time allocated for their

weight category. For example, if your session is scheduled to commence at 0900 hrs, weigh-in will be open between 0700 – 0800 hrs, or until the last registered athlete has completed weigh-in.

If an athlete wishes to **move up** a bodyweight division, they must attend the weigh -in for the division in which they have entered, plus the new bodyweight division (if held on a separate day).

All athletes must bring recognised photo identification (i.e. Passport, Drivers Licence) with them to their allocated weigh-in, indicating their full name and date of birth.

#### **4.9 Hours of Competition**

It is proposed that each day of competition will comprise of four/ five sessions. Competition hours vary each day depending on total sessions and ancillary events. Allocated weigh-in sessions will occur prior to the start of each session as outlined above.

#### **4.10 Technical Delegate**

The IWF has endorsed the appointment of Garry Marshall (NZL) to act in the role of Technical Delegate for the WMG2017 Weightlifting competition. The Technical Delegate will oversee the implementation of all sport specific rules and requirements at the Games.

#### **4.11 Technical Officials**

An opportunity exists for Weightlifting athletes competing at WMG2017 who are also a qualified IWF technical official, to join the officials panel for the Games. If an athlete is interested in this opportunity, details are collected as part of the athlete registration process.

### **5.0 Equipment**

WMG2017 Weightlifting will provide all competition equipment (platforms, barbells, bar, discs, collars) including an electronic referee light system. All equipment for competition will meet with IWF specifications. The Eleiko brand of competition equipment will be used for the Weightlifting event.

Warm-up equipment will also be provided, however this may not be the same as the equipment provided for competition, but will be of a suitable standard to enable sufficient athlete warm-up prior to competition.

## **6.0 Uniforms**

All athletes must comply with clothing rules and regulations as outlined by the IWF, including costume, belt, footwear and any bandages, tapes or plasters.

## **7.0 Further Information**

Planning for the WMG2017 Weightlifting competition will continue throughout early 2017. Additional sport specific operational information will be communicated to registered participants and updated in future additions of this Sports Information Guide.

All participants are encouraged to monitor the WMG2017 website at [www.worldmastersgames2017.co.nz](http://www.worldmastersgames2017.co.nz) and other Games communication channels to find out all of the latest information.

If you have any further sport specific questions, please send an email to [contactus@wmg2017.co.nz](mailto:contactus@wmg2017.co.nz).