



Friday 14rd, Saturday 15th & Sunday 16th October 2016

Event Handbook

Hosted by Olympic Weightlifting
Auckland Inc



Contents

Event Information	3
Event Telephone Numbers	3
Competition Venue	3
Weigh-in Room	3
Training	3
Venue Opening Hours	3
Sauna and Check Scales	4
Verification of FINAL entries	4
Equipment	4
Anti-Doping	4
Warmup Room	4
Spectator Entry	4
Event Tee Shirt	5
Food	5
Competition Rules	6
15/20 Kilo Rule	6
Team Points	7
Athlete Attire	7
Awards Dinner	9
Event Schedule	9
Preliminary Start List	10

2016 New Zealand Olympic Weightlifting Championships
Proudly Hosted by Olympic Weightlifting Auckland (OWA),
supported by Olympic Weightlifting NZ (OWNZ) and
powered by Industrial Athletic.

Event Information

Event Telephone Numbers

Competition Secretary	Neroli King	021537076
President, OWA	Tina Ball	021593797

Competition Venue

Sports Hall,
AUT Millennium
19 Antares Place, North Shore, Auckland



Weigh-in Room

Will be located in the Sports Hall at the far end of the running track by the long jump.

Training

No training will be available at AUT Millennium due to set-up. Contact other clubs in the area should you wish to train. Refer to the OWNZ or OWA website for further information on clubs in the area.

Venue Opening Hours

The venue will be open at the following times:

Friday – 5:00am – 8:00pm
Saturday – 7:30am – 6:00pm
Sunday – 7:30am-6:00pm

Access to weigh-ins before these times will be via bottom entry by the Lodge. Park in the top carpark and walk down the right hand side of the building to access.

Sauna and Check Scales

A sauna is available on site at the following times:

Friday – 5:00am – 8:00pm
Saturday – 7:00am – 6:00pm
Sunday – 7:00am-6:00pm

Check scales are available for athletes use in the Sports Hall. They will be located in the room next to the main weigh-in room down by the long jump.

Verification of FINAL Entries

Date: Thursday 13th October
Time: 6:00pm
Venue: Commonwealth Room, Level 1, AUT Millennium

No text or email changes will be accepted. You must attend in person or nominate a person of your choice to make any changes to your bodyweight or entry total. If no changes are received, the entry total and bodyweight category you entered into will stand.

Equipment

Competition – Industrial Athletic bar and discs
Warm up – Eleiko bars; ZKC bars; various discs

Anti-Doping

All OWNZ events are subject to drug testing by the Drug Free Sport New Zealand Anti-Doping Authority.

Warmup Room

Access to the warmup room will be strictly monitored. For Health & Safety reasons and to allow athletes the best possible competition environment we ask that you respect access rights are for those athletes and coaches currently competing.

Access for the next session will be approximately 30mins before presentation.

Spectator Entry

Entry fee for the three days of the competition is FREE.

Event Tee Shirt



Remember to order your Nationals T-Shirt.

[Click on this link](#) to go directly to the Order Form or you can find it on the [2016 Nationals Championships Events](#) page on the [owa.nz](#) website (scroll down to the bottom of the page).

Note that orders (including payment) will close **midnight Thursday 30th September**, so that we can get the t-shirts printed in time for Nationals.

We won't be printing any extra t-shirts so sorry - no late orders and there won't be t-shirts for sale at the event.

Food

There is food available on-site.

Subway – Hours

Friday – 7:00am-8:00pm

Saturday – 10:00am-6:00pm

Sunday – 11:00am-3:00pm

Café – Hours

Various – usually from 9am

Competition Rules

1. Athletes may compete in the category in which they have achieved qualification or go up or down categories. The category of choice must be declared at the verification of final entries to be held on Thursday, 13th October, 6:00pm.
2. Any athlete unable to make the bodyweight category declared at Verification of Final entries will not be allowed to compete.
3. Any athlete failing to register a result in the Snatch will not be allowed to participate in the Clean & Jerk section of the competition.
4. The IWF Rule 6.6.5 (15/20kg rule) will apply:
The total weight of the starting attempts declared and actually taken in the Snatch and the Clean & Jerk cannot be less than fifteen (15) kg below the verified Entry Total for women and twenty (20) kg below the verified Entry Total for men. The Jury will exclude the athlete from the competition if this rule is not adhered to.
The above rule is commonly referred to as the “15/20 kilo rule”.

The entry totals listed on the preliminary entry list are the actual best competition totals within the qualifying period or total of choice submitted by the athlete/coach. **The preliminary entry totals can be changed at the Verification of Final Entries at 6:00pm on Thursday, 13th October.** After this final verification, the Entry Totals become the Verified Entry Totals and the 15/20kg rule will apply to them.

5. Once your entry has been submitted NO REFUNDS will be issued.
6. Clubs wishing to submit a team entry for the Teams Section of the competition must complete the online Entry Form on the OWA website and pay the entry fee of \$35 per team. Team events are:

Junior Women	Junior Male
Senior Women	Senior Male

Each team may have:

- A maximum of eight qualified male Athletes, with no more than two Athletes in each bodyweight class.
- A maximum number of seven qualified female Athletes, with no more than two Athletes in each bodyweight class.
- Juniors lifting in the Senior team must have achieved the Senior qualifying total.
- The ‘final’ team submitted by each Club consisting of 8 or less qualified men / 7 or less qualified women must be declared at the Verification of Final Entries meeting being held at 6:00pm on Thursday, 13th October.
- Team entry payment must be received by Friday, 7th October 2016.

- The IWF Teams Points system will be used and is as follows:

Placing	Team Points
Gold	28 points
Silver	25 points
Bronze	23 points
4 th place	22 points
5 th place	21 points
6 th place	20 points
7 th place	19 points
8 th place	18 points
9 th place	17 points
10 th place	16 points
11 th place	15 points
12 th place	14 points
13 th place	13 points

Placing	Team Points
14 th place	12 points
15 th place	11 points
16 th place	10 points
17 th place	9 points
18 th place	8 points
19 th place	7 points
20 th place	6 points
21 st place	5 points
22 nd place	4 points
23 rd place	3 points
24 th place	2 points
25 th place	1 point

7. Athlete Outfit's must meet the IWF standard as detailed in the following excerpt from the IWF Handbook. Additional information about belts, straps etc can be found on the IWF website.

4 ATHLETES' OUTFIT

4.1 COSTUME

- 4.1.1 Athletes must wear a weightlifting costume which complies with the following criteria:

- must be one piece
- must be collarless
- may be of any colour
- must not cover the elbows
- must not cover the knees

- 4.1.2 A unitard may be worn under the costume. The unitard must comply with the following criteria:

- must be one piece or two pieces (full body)
- must be tight fitting
- must be collarless
- may cover elbows and knees
- may be of any colour
- no pattern or design permitted

- 4.1.3 A T-shirt may be worn under the costume. The T-shirt must comply with the following criteria:

- must be collarless
- must not cover the elbows
- may be of any colour

- 4.1.4 Shorts may be worn under or over the costume. Shorts must comply with the following criteria:

- must be tight fitting
- must not cover the knees
- may be of any colour

- 4.1.5 A T-shirt and shorts cannot be worn instead of the costume.

8. Weight changes will be made at the attempt table in the warmup room.
9. Prize Giving will be held at the end of each session with the exception of categories which have a B Pool in which case Prize Giving will be at the completion of the A Pool.
10. Athletes will be provided with Coach passes at the weigh-in.
11. At the completion of weigh-in, Athletes will be provided with allocated platforms.

Awards Dinner

Venue: Finish Line, AUT Millennium, Level 1
Date: Sunday, 16 October 2016
Time: 7:00pm
Attire: Smart Casual
Cost: Dinner costs will be advertised on the OWA Facebook page plus you will also be notified by email.
Entry: Dinner tickets will be required.
Cash bar available.

Event Schedule

Thursday, 13 October

6:00pm Verification of Final Entries, Commonwealth Room, L1, AUT Millennium

Friday, 14 October

Session	Bodyweight	Start	Weigh-in
*1	W48, W53, W58	9:00am	7:00am-8:00am
2	M56, M62, M69	12:00pm	10:00am-11:00am
3	M77	3:00pm	1:00pm-2:00pm

*Depending on numbers after the verification of final entries, the W58 may be split into an A & B Pool with the A Pool lifters lifting with the W69.

Saturday, 15 October

Session	Bodyweight	Start	Weigh-in
4	W63	9:00am	7:00am-8:00am
5	M85	12:00pm	10:00am-11:00am
*6	M94	3:00pm	1:00pm-2:00pm
7	W69	6:00pm	4:00-5:00pm

*Depending on numbers after the verification of final entries, the M94 may be split into an A & B Pool with the A Pool lifters lifting with the M105+.

Sunday, 16 October

Session	Bodyweight	Start	Weigh-in
8	M105	9:00am	7:00am-8:00am
9	W75, W75+	12:00pm	10:00am-11:00am
10	M105+	3:00pm	1:00pm-2:00pm

7:00pm Awards Function, Finish Line, Level 1, AUT Millennium

NOTE: Any changes to the schedule will be made following Verification of Final Entries and published on the OWA Facebook Page. It is the responsibility of the Athlete/Coach to check.

Preliminary Start List

Friday, 14 th October – Session 1				Presentation 9:00am				
LOT	ATHLETE		DOB	CLUB	CAT	TOTAL	JUNIOR	SENIOR
125	Sachiko	Kawakami	6/21/1969	RawBC	W48	100		Senior
53	Charlotte	Moss	5/09/1995	NOW	W53	143		Senior
101	Odette	Smith	8/01/1977	FSO	W53	124		Senior
132	Tara	Noonan	31/07/1980	AUST-GUEST	W53	119		
87	Paige	Lawgun	10/04/1999	NLOW	W53	110	Junior	Senior
116	Pip	Patterson	12/08/1984	FSO	W58	155		Senior
70	Hannah	Kaminski	13/02/1994	AUST-GUEST	W58	146		
123	Olga	Semenko	15/06/1988	FSO	W58	140		Senior
129	Nicole	Sos	22/06/1995	IND	W58	140		Senior
131	Natalia	Chorobczyk	2/08/1992	AUST-GUEST	W58	138		
35	Tai-anne	Blair	10/06/1977	SOW	W58	132		Senior
1	Nicole	Kumerich	24/01/1975	NOW	W58	130		Senior
130	Rebecca	Hall	28/05/2016	IND	W58	130		Senior
127	Renae	Miller	9/07/2000	MANA Crossfit	W58	123	Junior	Senior
117	Lucy	Hudson	4/09/1991	SURGE	W58	121		Senior
17	Jade	Hawken	14/11/1997	SOW	W58	113	Junior	
122	Samara	Wright	26/08/2001	41° WLC	W58	110	Junior	
102	Kyla	Smith	4/10/2000	IND	W58	107	Junior	

*Refer to Event Schedule on page 9

Friday, 14 th October – Session 2				Presentation 12:00pm				
LOT	ATHLETE		DOB	CLUB	CAT	TOTAL	JUNIOR	SENIOR
71	Dean	Par	20/04/2000	SHQ	M56	148	Junior	
54	Henry	Kang	29/05/1988	NOW	M62	180		Senior
88	Owen	Webb	15/07/1999	OWL	M62	159	Junior	
34	Kieren	Hempsey	9/02/1999	NOW	M62	159	Junior	
69	Anthony	Taylor	7/06/1996	SHQ	M69	260	Junior	Senior
36	Vester	Villalon	13/11/1991	NOW	M69	240		Senior
16	Carl	Bevan	24/03/1981	BOP	M69	205		Senior
52	Reece	Godinet	18/10/1983	DWC	M69	200		Senior
86	Jiro	Ishida	26/10/1990	OWL	M69	194		Senior
18	Isaac	Lawgun	16/05/2000	NLOW	M69	170	Junior	Senior

Friday, 14 th October – Session 3				Presentation 3:00pm				
LOT	ATHLETE		DOB	CLUB	CAT	TOTAL	JUNIOR	SENIOR
89	Cameron	McTaggart	30/09/1997	FSO	M77	283	Junior	Senior
51	Ethan	Hawken	9/02/1996	SOW	M77	245	Junior	Senior
72	Terry	Han	26/07/1989	NOW	M77	230		Senior
100	Marco	Mollo	3/09/1996	OWL	M77	226	Junior	Senior
15	Ash	Roosendaal	3/03/1997	BOP	M77	222	Junior	
85	James	de Lacey	8/04/1990	SHQ	M77	220		Senior
103	Albert (albi)	Anderson	10/08/1998	SURGE	M77	215	Junior	Senior
2	Curran	Power	27/02/1997	CCW	M77	209	Junior	Senior
55	Andrew	Khidhir	9/08/1994	GAW	M77	207		Senior
68	Jack	Mallinson	22/11/1994	DWC	M77	205		Senior
19	Pete	Joblin	11/07/1987	NWC	M77	200		Senior
37	Uaealesi	Funaki	4/11/1998	POWC	M77	200	Junior	Senior
115	Declan	Ward	13/09/1996	IND	M77	195	Junior	
33	Vincent	Capes	16/08/1998	WWA	M77	188	Junior	

Saturday, 15 th October – Session 4				Presentation 9:00am				
LOT	ATHLETE		DOB	CLUB	CAT	TOTAL	JUNIOR	SENIOR
90	Megan	Signal	17/02/2016	FSO	W63	170		Senior
32	Amanda	Gould	21/12/1986	OWL	W63	165		Senior
104	Annah	McPherson	5/07/1998	IND	W63	133	Junior	Senior
67	Hannah	McIntyre	18/10/1989	IND	W63	132		Senior
38	Bailey	Lovett	21/01/1993	EPSOM	W63	130		Senior
84	Elizabeth	Bateman	13/12/1991	OBC	W63	130		Senior
4	Jodie	Mason	8/17/1986	FSO	W63	130		Senior
56	Emma	McIntyre	8/02/1991	DWC	W63	129		Senior
20	Leigh	Martel	30/01/1990	OWL	W63	128		Senior
50	Kelly	McGowan	27/02/1983	NOW	W63	128		Senior
73	Kohu	Kawiti	10/01/1999	NLOW	W63	124	Junior	
14	Ruby	Straugheir	2/01/2016	URBAN	W63	100	Junior	

Saturday, 15 th October – Session 5				Presentation 12:00pm				
LOT	ATHLETE		DOB	CLUB	CAT	TOTAL	JUNIOR	SENIOR
49	An-ti	Hsu	27/12/1988	FSO	M85	280		Senior
91	Cameroon	Smith	22/03/1992	CCW	M85	260		Senior
118	Cam	Urgert	20/08/1993	OBC	M85	260		Senior
39	Sam	Brierley	19/02/1992	SOW	M85	245		Senior
105	Layne	Parkes	8/05/1994	POWC	M85	245		Senior
31	Richard	Wong	11/12/1987	FSO	M85	235		Senior
13	Luke	Smith	31/07/1994	NWC	M85	235		Senior
83	Robert	Meleisea	1/07/1996	POWC	M85	230	Junior	Senior
57	Joshua	Homersham	12/08/1998	OWL	M85	225	Junior	Senior
66	Jerome	Haretuku	11/10/1987	POWC	M85	225		Senior
21	Andrew	Pineda	12/07/1992	AUST-GUEST	M85	224		
74	Colin	Klenner	9/02/1987	WWC	M85	223		Senior
99	Kaustubh	Chavan	14/09/1998	GAW	M85	218	Junior	Senior
3	Hayden	Pritchard	6/10/1988	MOW	M85	218		Senior
106	Alex	Farmiloe	26/01/2000	SHQ	M85	190	Junior	Senior
114	Jake	Bassett	14/06/1999	WWA	M85	170	Junior	

Saturday, 15 th October – Session 6				Presentation 3:00pm				
LOT	ATHLETE		DOB	CLUB	CAT	TOTAL	JUNIOR	SENIOR
58	Richie	Patterson	30/04/1983	FSO	M94	310		Senior
119	Saxon	Gregory-Hunt	11/05/1993	CCW	M94	290		Senior
30	Doug	Sekone-fraser	12/09/1991	CCW	M94	275		Senior
113	Vernon	Taylor	12/08/1998	SHQ	M94	270	Junior	Senior
92	Sione	Tonga	26/01/1992	POWC	M94	270		Senior
22	Christian	Jessop	9/05/1994	NWC	M94	260		Senior
124	Stefan	Hefer	23/04/1993	FSO	M94	260		Senior
40	Aydan	Poko	3/06/1993	RawBC	M94	260		Senior
75	Ray	Everest	18/05/1982	EPSOM	M94	255		Senior
5	Riki	Lindsay	11/11/1991	NOW	M94	250		Senior
107	Robert	Jordan	29/09/1986	OWL	M94	245		Senior
48	Luke	Fiso	19/02/1990	IND	M94	245		Senior
98	Shaun	Gross	9/08/1984	POWC	M94	240		Senior
12	Sam	Bell	27/11/1990	PERISH	M94	240		Senior
82	Lima	Kalauta-Crofts	27/06/1996	POWC	M94	230	Junior	Senior
126	Tyson	Fitzpatrick	15/10/1991	NWC	M94	228		Senior
65	Stas	Chalaev	16/10/1986	GUEST	M94	228		
121	Kelly	Lum	29/10/1998	IND	M94	220	Junior	
128	Mason	Murrow	17/09/1999	MOW	M94	195	Junior	

*Refer to Event Schedule on page 9

Saturday, 15th October - Session 7				Presentation 6:00pm				
LOT	ATHLETE		DOB	CLUB	CAT	TOTAL	JUNIOR	SENIOR
64	Puawai	Munro-Halkyard	24/05/1987	SHQ	W69	178		Senior
59	Joelene	Neville	18/06/1986	IND	W69	155		Senior
41	Nicole	Stowers	15/01/2016	IND	W69	154		Senior
6	Nicole	Taylor	28/11/1986	41° WLC	W69	145		Senior
29	Kate	Parker	20/10/1992	GAW	W69	145		Senior
23	Jessica	Asi	26/04/1996	POWC	W69	143	Junior	Senior
76	Kanah	Andrews-Nahu	18/06/2001	FSO	W69	140	Junior	Senior
47	Sophie	Mitchell-Findlater	17/12/1991	DWC	W69	140		Senior
11	Courtney	Heke-McColgan	25/05/1990	SOW	W69	130		Senior

Sunday, 16th October - Session 8				Presentation 9:00am				
LOT	ATHLETE		DOB	CLUB	CAT	TOTAL	JUNIOR	SENIOR
28	Rory	Taylor	17/03/1990	NLOW	M105	315		Senior
24	Sio (Joe)	Pomelile	10/10/1993	POWC	M105	300		Senior
108	Sean	Lee	5/02/1990	DWC	M105	290		Senior
77	Montel	Tivoli	11/05/1998	SHQ	M105	280	Junior	Senior
63	Ethan	Neale	12/04/1991	GAW	M105	273		Senior
112	Sam	Kemp	4/01/1995	PERISH	M105	270		Senior
81	Brayden	Maea-Brown	22/02/1997	SHQ	M105	260	Junior	Senior
93	Aden	Zhu	11/04/1997	CSI	M105	240	Junior	Senior
7	Michael	Walker	8/04/1987	SLCrossfit	M105	238		Senior
42	Benet	Kumeroa	25/06/2000	FSO	M105	238	Junior	Senior
60	Callan	Helms	24/02/1993	OWL	M105	238		Senior
10	Iain	Harris	26/03/1970	NOW	M105	220		Senior
46	George	Faamu	12/23/1997	POWC	M105	220	Junior	
97	Kurtis	Crowe	8/01/1998	SURGE	M105	212	Junior	

Sunday, 16th October - Session 9				Presentation 12:00pm				
LOT	ATHLETE		DOB	CLUB	CAT	TOTAL	JUNIOR	SENIOR
120	Bailey	Rogers	16/03/1991	POWC	W75	170		Senior
61	Emma	Wright	28/12/1991	41° WLC	W75	165		Senior
78	Jess	Limbrick	11/02/1987	41° WLC	W75	161		Senior
45	Hayley	Whiting	18/01/1993	IND	W75	155		Senior
25	Abbie	Cederman	14/07/1980	NWC	W75	150		Senior
94	Zoe	Glasson	23/06/1991	FSO	W75	150		Senior
43	Teresa	Harrington	18/08/2016	BOP	W75	150		Senior
9	Jane	Robertson	8/05/2016	IND	W75	145		Senior
80	Tracey	Lambrechs	27/08/2016	NOW	W75+	230		Senior
109	Ele	Opeloge	7/11/1985	SAM-GUEST	W75+	220		
96	Jess	Collins	13/11/1991	SHQ	W75+	173		Senior
111	Chantal	Lambrechs	22/02/1990	NOW	W75+	170		Senior
27	Jaz	Hayward	15/06/1985	BOP	W75+	155		Senior

Sunday, 16th October - Session 10				Presentation 3:00pm				
LOT	ATHLETE		DOB	CLUB	CAT	TOTAL	JUNIOR	SENIOR
110	David	Liti	7/11/1996	SHQ	M105+	360	Junior	Senior
95	Aisake	Tuitupou	1/09/1994	POWC	M105+	320		Senior
44	Andy	Barakauskas	3/06/1992	CCW	M105+	300		Senior
8	Joachim	Setefano	18/07/1998	POWC	M105+	300	Junior	Senior
62	Richard	Jones	4/10/1986	FSO	M105+	290		Senior
79	Tevita	Ngalu	30/04/1973	GAW	M105+	250		Senior
26	Rashuan	Fiso	28/08/1997	POWC	M105+	230	Junior	

