



**2024 YOUTH, JUNIOR AND SENIOR OCEANIA WEIGHTLIFTING CHAMPIONSHIPS**  
**AUCKLAND, NEW ZEALAND 21 - 25 FEBRUARY**

**REGULATIONS**

The 2024 Youth, Junior and Senior Oceania Weightlifting Championships will be held in Auckland, New Zealand. Below you will find the relevant preliminary information regarding the Championships.

**Dates of Event:** We are planning for the Oceania Championships to be held over 5 days - Wednesday 21st to Sunday 25th February 2024. However, depending on entries please note that the event may be reduced to begin on Thursday 22nd February 2024.

**Competition Rules and Regulations**

The 2024 Youth, Junior and Senior Oceania Weightlifting Championships will follow the Technical and Competition Rules and Regulations (TCRR) of the International Weightlifting Federation (IWF).

**Terms and Conditions of Participation**

Accredited participants (Athletes, Team Officials, Technical Officials (TOs), Guests, etc) should acknowledge and fully comply with the IWF Constitution and By-Laws, TCRR and Anti-Doping Policy (ADP).

- Must abide by all reasonable directions given by the OWF, the Organizing Committee (OC), TOs.
- Must participate in the Event at their own risk and take all reasonable measures to protect themselves from any risk.
- Must undertake full moral and financial responsibility with regard to their health and wellness and in case of accidents or damages.
- Are responsible for all property they bring into the Event and that the OWF and/or OC shall have no responsibility in any loss or damage of this property.
- Acknowledge and agree that neither the OWF nor the OC shall arrange any insurance connected with the participation in the Event. This is the responsibility of each federation.
- Must irrevocably release OWF and OC (and their respective members, officers, employees, etc) from liability for any loss, injury or damage that they may suffer in relation to their participation in the Event.
- Must guarantee that they participate in the Event with the permission of their parent(s) or guardian(s) if they are minor.



### **Eligibility**

YOUTH: 13-17 years of age

JUNIOR: 15-20 years of age

SENIOR: 15 + years of age

All age groups are calculated on the athlete's year of birth.

In accordance with Article 5.5.16 of the Anti-Doping Rules 2023, Whereabouts information of the athlete shall be submitted at minimum three(3) months prior to the event - by 21 November 2023. Athletes who do not comply with this provision are not eligible to compete. Only competitors of member federations that have no arrears towards IWF or OWF are eligible to participate.

### **Competition Categories**

IWF Categories for YOUTH Men and Women

Men: 49kg, 55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, 102+kg

Women: 40kg, 45kg, 49kg, 55kg, 59kg, 64kg, 71kg, 76kg, 81kg, 81+kg

IWF Categories for JUNIOR and SENIOR Men and Women

Men: 55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, 109kg, 109+kg

Women: 45kg, 49kg, 55kg, 59kg, 64kg, 71kg, 76kg, 81kg, 87kg, 87+kg

### **DEADLINES**

**Preliminary Entries.** THESE ENTRIES ARE THROUGH THE ONLINE PORTAL.

Each Federation will be given a username and password to register their athletes and officials.

Entries will open Wednesday 1st November 2023.

The closing date for Preliminary Entries is **Monday 20th November 2023** at midnight Brisbane, Australia time UTC +10.

**Final Entries.** THESE ARE THROUGH THE ONLINE PORTAL.

<https://platform.oceaniaweightlifting.com/>

The closing date is **Monday 21st January 2024** at midnight Brisbane, Australia time UTC +10.

**Verification of Entries (VOE).** THIS IS DONE THROUGH THE ONLINE PORTAL.

The deadline for VOE is **Thursday 15th February 2024** at midnight Brisbane, Australia time UTC +10

### **Entry Fee/Anti Doping Fee**

Doping control will be conducted during the competition.

All competing athletes must pay \$150USD each.

This is a combined Entry Fee (\$50USD) and Anti-Doping Fee (\$100USD) per athlete. This must be paid by electronic transfer by **Monday 22nd January 2024**.

**There is no refund of Entry Fee/Anti-Doping Fee for any athlete who withdraws from the competition after Monday 22nd January 2024.**



### **Make Payment to:**

**Account name:** OWF  
**Bank:** Bendigo Bank  
**Address:** 12 Bath Lane, Bendigo  
Victoria 3550 Australia  
**BSB** 633-000  
**Account number:** 181217571  
**Swift Code:** BENDAU3B

### **Accommodation & Airport Transport Forms**

These forms must be returned by **Monday 22nd January 2024** to the email address shown on the Form. Local transport will be provided by the Organising Committee from Auckland International Airport to the Accommodation upon arrival of the delegates.

**Transport to/ from Auckland Airport cannot be provided to Federations who do not submit their forms by this deadline.**

### **Awards**

Gold, Silver and Bronze medals will be awarded to Youth, Junior and Senior athletes in each bodyweight category for both men and women in the TOTAL only. These will be presented after each session.

Additional awards to Best Overall Male & Female athletes for Youth, Junior & Senior and Overall Team awards will be presented at the Closing Ceremony.

### **Opening & Closing Ceremonies**

There will be an Opening Ceremony and then a Closing Ceremony held in the evening of Sunday 25th February.

There is no additional charge to attend either of these events. However to ensure there is sufficient catering provided for the Closing Ceremony, each Federation will be sent a Booking Form to indicate how many people will be attending.

Both ceremonies will take place at the competition venue.

### **Competition Venue**

The competition venue will be the DUE DROP EVENTS CENTRE, 770 Great South Road, Manukau, Auckland.

Up to fifteen (15) warm up platforms will be available for the competition.

### **Training Venue**

Training will be available to all teams prior to the competition on a timetable basis.

Training locations: DUE DROP EVENTS CENTRE, 770 Great South Road, Manukau, Auckland and Kolmar Recreation Centre, Sutton Crescent, Papatoetoe.

Up to twenty (20) platforms will be available for training.



### **Competition T-Shirts**

Competition T-Shirts will be available for purchase. Separate communication will be distributed with details for ordering.

### **Accommodation**

Each Federation may contact the hotels directly and make their own arrangements. Please use the indicated CODE when booking to ensure you are given the negotiated accommodation rate.

Below is a range of accommodation options located close to or within a short distance from the venue.

Teams are welcome to arrange accommodation at Hotels not included in this list.

### **HOTEL CONTACT DETAILS**

#### **Ramada Manukau** - next to Competition venue

770 Great South Road, Manukau, Auckland

Ph: +64 9426000 Email: [reception@ramadamanukau.co.nz](mailto:reception@ramadamanukau.co.nz)

Use CODE: "SPECIAL" or use the following link:

[https://book-directonline.com/properties/RamadaManukauDirect?locale=en&checkInDate=2024-02-20&checkOutDate=2024-02-25&items\[0\]\[adults\]=2&items\[0\]\[children\]=0&items\[0\]\[infants\]=0&currency=NZD&trackPage=yes&promocode=SPECIAL](https://book-directonline.com/properties/RamadaManukauDirect?locale=en&checkInDate=2024-02-20&checkOutDate=2024-02-25&items[0][adults]=2&items[0][children]=0&items[0][infants]=0&currency=NZD&trackPage=yes&promocode=SPECIAL)

#### **IBIS Auckland Airport** - approx 20min by car to Competition venue

2 Leonard Isitt Drive, Auckland Airport Ph: +64 92555152

<https://accorevents.com/offers/custom-offer-weightlifting>

#### **Double Tree Hilton at Karaka** - approx 10min by car to Competition venue

8 Hinau Rd, Papakura, Auckland Ph: +64 92962002

<https://www.hilton.com/en/attend-my-event/duedropcentrefeb2024/>

#### **Sebel Manukau** - approx 12min walk, 3min drive by car to Competition venue

16 Lakewood Court, Manukau, Auckland Ph: +64 92611821

<https://accorevents.com/offers/internationalweightliftingevent>

### **Barbells/Weights Equipment**

All equipment used for the competition, warm up and in the training area will be IWF approved.

### **Travelling Documents**

Valid passport



### **Visas**

A Visa is required to enter NZ. An eTA can be applied for online.

A NZeTA (Electronic Travel Authority) is not needed if you:

- hold a foreign passport that has a NZ citizen endorsement
- an Australian citizen with an Australian passport

Those travelling through Australia to NZ must check if you require a transit visa.

Please check the following for more information;

[Travelling from the Pacific | Immigration New Zealand](#)

The hosting federation or organising committee is not responsible for visa applications.

### **Health Insurance**

As per IWF Technical and Competition Rules, each delegation is required to have appropriate Health Insurance in the event of an accident or unforeseen circumstances. Full medical services are available at the local hospital.

### **GENERAL INFORMATION**

#### **Population**

The population of Auckland is approximately: 1.6million

The population of NZ is approximately: 5.2million

#### **Currency and Banking Facilities**

NZ's unit of currency is the dollar (NZD\$).

All major credit cards are accepted in NZ with Visa and Mastercard the most widely used.

#### **Time Difference**

NZ uses Daily Saving Time (DST) and is UTC +13 ie 13 hours ahead of Co-Ordinated Universal Time.

#### **Languages**

English

Maori

NZ Sign Language

#### **Religion**

Christianity is the main religion followed by approx 37% of the country's population.

Nearly 49% are noted as unaffiliated ie not affiliated to any particular religion.

#### **Ethnicity**

There are six (6) major ethnic groups in NZ \*:

European - 70.2%

Maori - 16.5%

Asian - 15.1%

Pacific Peoples - 8.1%

Middle Eastern/ Latin American/ African - 1.5%

\*2018 NZ Government Census information



### **Climate and Season**

February in NZ is Summer

Average Temperatures in Auckland - 24°(high) - 16°(low).

Most mornings and early evenings: average 20°

Overnight: average 17°

Humidity: approx 72%

### **Health**

There are no Travel Health Notices issued for NZ at this time.

### **Emergency medical and dental**

Hospital services are available at Middlemore Hospital.

Medical centres are also available.

### **Telephone**

Main Network Operators in NZ: Spark, 2Degrees and One NZ (formerly Vodafone)

**Paul Coffa MBE**  
**General Secretary**  
**Oceania Weightlifting Federation**  
**Email: [owf@bigpond.com](mailto:owf@bigpond.com)**  
**Mobile: +61 457778900**

**Simon Kent**  
**President**  
**Weightlifting NZ**  
**Email: [president@weightlifting.nz](mailto:president@weightlifting.nz)**  
**Mobile: +64 21422083**

**2024 OCEANIA SENIOR, JUNIOR & YOUTH WEIGHTLIFTING CHAMPIONSHIPS  
Auckland -NEW ZEALAND, February 21-25**

**FINAL COMPETITION TIMETABLE**

**Tuesday 20 February**

Technical Meeting - immediately after the Opening Ceremony , Place : competition hall  
Opening Ceremony and Masters Prizegiving - 20.00 DUE DROP EVENTS CENTRE

**Wednesday 21 February**

					<b>LIFTERS</b>
Session 1 - 10:00	40kg 45kg 49kg	Women	Weigh/in 08:00 to 09:00		14
Session 2 - 13:00	49kg 55kg 61kg	Men	Weigh/in 11:00 to 12:00		13
Session 3 - 16:00	55kg	Women	Weigh/in 14:00 to 15:00		8

**Thursday 22 February**

Session 4 - 10:00	67kg 73kg	Men	Weigh/in 08:00 to 09:00		14
Session 5 - 13:00	59kg	Women	Weigh/in 11:00 to 12:00		10
Session 6 - 16:00	81kg 89kg	Men	Weigh/in 14:00 to 15:00		13

**Friday 23 February**

Session 7 - 10:00	64kg	Women	Weigh/in 08:00 to 09:00		12
Session 8 - 13:00	96kg	Men	Weigh/in 11:00 to 12:00		10
Session 9 - 16:00	71kg	Women	Weigh/in 14:00 to 15:00		13

**Saturday 24 February**

Session 10 - 11:00	76kg 81kg	Women	Weigh/in 09:00 to 10:00		12
Session 11 - 13:30	102kg,102+ 109kg	Men	Weigh/in 11:30 to 12:30		11

**Sunday 25 February**

Session 12 - 11:00	81+kg 87kg 87+kg	Women	Weigh/in 09:00 to 10:00		11
Session 13 - 13.30	109+kg	Men	Weigh/in 11:30 to 12:30		8
Prizegiving and Closing Ceremony - 16:30					

# TEAMS TRAINING TIMETABLE

<b>GROUP</b>	<b>1</b>	<b>Samoa ,Tuvalu, Marshall Islands, American Samoa, Vanuatu 24</b>
<b>GROUP</b>	<b>2</b>	<b>Australia 33</b>
<b>GROUP</b>	<b>3</b>	<b>Fiji , Solomon Islands, Kiribati , Tonga, 25</b>
<b>GROUP</b>	<b>4</b>	<b>New Zealand, Niue, 32</b>
<b>GROUP</b>	<b>5</b>	<b>Nauru , Guam, New Caledonia 25</b>
<b>GROUP</b>	<b>6</b>	<b>New Caledonia, Papua New Guinea, CNMI, Palau 26</b>

Saturday February 17 training 11am-12pm or 2-3pm

Sunday February 18 training 11am-12pm or 2-3pm

## Monday February 19

Group 1 at 08:00 am  
Group 2 at 10:00 am  
Group 3 at 12:00 noon  
Group 4 at 14:00 pm  
Group 5 at 16:00 pm  
Group 6 at 18:00 pm

## Tuesday February 20

Group 6 at 08:00 am  
Group 1 at 10:00 am  
Group 2 at 12:00 noon  
Group 3 at 14:00 pm  
Group 4 at 16:00 pm  
Group 5 at 18:00 pm

## Wednesday February 21

Group 5 at 08:00 am  
Group 6 at 10:00 am  
Group 1 at 12:00 noon  
Group 2 at 14:00 pm  
Group 3 at 16:00 pm  
Group 4 at 18:00 pm

## Thursday February 22

Group 4 at 08:00 am  
Group 5 at 10:00 am  
Group 6 at 12:00 noon  
Group 1 at 14:00 pm  
Group 2 at 16:00 pm  
Group 3 at 18:00 pm

## Friday February 23

Group 3 at 08:00 am  
Group 4 at 10:00 am  
Group 5 at 12:00 noon  
Group 6 at 14:00 pm  
Group 1 at 16:00 pm  
Group 2 at 18:00 pm

## Saturday February 24

Group 2 at 08:00 am  
Group 3 at 10:00 am  
Group 4 at 12:00 noon  
Group 5 at 14:00 pm  
Group 6 at 16:00 pm  
Group 1 at 18:00 pm