



## **HCC Barbell Club Competition**

**Email:** [hccbarbellclub@gmail.com](mailto:hccbarbellclub@gmail.com)

**Website:** <https://www.sporty.co.nz/hccbarbellclub>

**Date:** Sunday 25th of August, 2024

**Location:** HCC HQ 27 Osborne Street, Waltham, Christchurch

**Weigh-In:** 8 am

**Athlete Presentation:** 9:50 am

**Competition Start:** 10:00 am

***Entries are limited to 16 lifters only. All other lifters will be wait-listed***

Entry fee:

- \$35 Non-HCC Barbell Club members
- \$25 Non-HCC Barbell Club members, youth, and junior athletes
- \$25 HCC Barbell Club members
- \$15 HCC Barbell Club, members youth and junior athletes

## **Start List**

This will be emailed to athletes at a later date (TBA)

## **Drug-Free Sport**

It is a requirement that all athletes complete Level 1 Taumata Tahi e-learning which is free of cost, at Drug-Free Sport New Zealand. This is required for anything above club-level competitions:

### **INSTRUCTIONS**

**Step 1:** Navigate to <https://drugfreesport.org.nz/education/e-learning/>

**Step 2:** Click on the option - **New to SportTutor? You'll need to create an account first**

**Step 3:** Complete Level 1 and email a copy of the certificate of completion to [education@weightlifting.nz](mailto:education@weightlifting.nz)

If you have any queries please email the Clean Sports Education Officer Karen Lloyd  
email: [education@weightlifting.nz](mailto:education@weightlifting.nz)

## **Technical Officials Upskilling Workshop**

There is an opportunity for all registered technical officials to attend an upskilling workshop on Friday the 24th August at 6 pm (***day and time yet to be confirmed***). This opportunity would benefit all club-level technical officials to move up to a national level, which is hugely beneficial for the growth of weightlifting in the South Island. For planning purposes please email: [manu@halecompoundconditioning.com](mailto:manu@halecompoundconditioning.com) with your name, club, and contact number if you are available to attend.

### **We will need support with**

- Officiating 2 x referees, 1 club level and 1 national level (3rd referee spot is filled)
- CMS - Running of the desk, announcer, certificates, time keeping
- Loaders x 3 people

We would appreciate any assistance from our amazing pool of volunteers within each club. If you can assist and for all inquiries please contact Koren Hale email:  
[manu@halecompoundconditioning.com](mailto:manu@halecompoundconditioning.com)