



## HCC Barbell Club Competition

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

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

**Date:** Sunday 15 December, 2024

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

**Weigh-In:** 8 am

**Athlete Presentation:** 9:50 am

**Competition Start:** 10:10 am

**Max Athletes:** 12 Only

***Priority is given to HCC Barbell Club athletes to enter this competition first. Please email [manu@halecompoundconditioning.com](mailto:manu@halecompoundconditioning.com) to check if there is space for you to enter. DO NOT ENTER THIS COMPETITION WITHOUT CHECKING FIRST.***

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

There are no refunds available if you are unable to attend on the day.

## **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 Tahī 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)

For all other queries regarding this competition please contact Koren Hale email:  
[manu@halecompoundconditioning.com](mailto:manu@halecompoundconditioning.com)