

## Kotahi Barbell Club Comp Information

Kia ora everyone,

Thank you for registering for our February Club Comp and first of 2025- two full sessions! This email has been sent to registered athletes, please forward to your coaches/support as relevant.

See the schedule below- I have listed names and clubs only. The weight class and total you registered at entry don't matter; your results will be recorded against the weight class you fall within at weigh in, and you can declare opening attempts at any weight.

This is a reminder that the new weight classes are in effect. To familiarise yourself with these and the new grading standards for, e.g., Junior/Senior Nationals qualification, [click here](#).

**Session One:** Weigh in between 8:30-9am, Presentation 9:30am

**Session Two:** Weigh in between 10:45-11:15am, Presentation 11:45am

### **Please note;**

- Athletes are not required to compete in a suit (but are welcome to). You are required to weigh in wearing what you will compete in. Remember (if you're trying to fit within a specific weightclass) you can be +250g over the limit to account for clothing
- In the mixed session (session 1), the males will lift after the females for both snatch and clean & jerk

### **Some important points re assistance on the day**

***If you require support out the back with coaching/running numbers and have not already spoken to me about this, can you please let me know asap so we can get something sorted. Asking on the day will be super frustrating and I promise nothing.***

***If you have any club members able to support as a referee or in another technical official role, (or you are able to help after your session), please let me know.***

### **Address and Parking**

There is both off-street and on-street parking available around the gym at 100 Duke Street.

## Gym Amenities

CrossFit Kotahi has several toilets, space to get changed, and a shower onsite. There is a vending machine for quick fixes and a large number of food outlets within a 5 minute drive. Please be aware it is likely to get very hot as the day progresses. We have fans but summer be summering and it's been a hot one so far.

## Spectators and Media

Athletes are welcome to encourage their friends and whaanau to attend in support, just please remind them;

- To keep an eye on any little ones, as there are a lot of hazards around.
- We cheer for and support every lifter
- To stay quiet while the lifter is taking their attempt, and not walk in front of the competition platform while a lifter is taking an attempt
- To stay in the spectator area and out of the warm up area during competition

This event is being held in conjunction with FULSND Finals and is intended to be livestreamed, as well as there being a photographer present. Please note that there is another (unsanctioned) session taking place after session 2 (the rest of FULSND finalists).

Thanks again, please let me know around any hands that can help, and see you Saturday!

Gabi

NAME	M/F	Club
<i>Session 1 Presentation 9:30am</i>		
Abraham Smith	M	Taupo Olympic Weightlifting
Liam Hay	M	Northsport Olympic Weightlifting
Stewart Kautai	M	Northsport Olympic Weightlifting
Cory McNaught	M	Victory Barbell
Oliver Surrige	M	Manawatu Whanganui Weightlifting
Tyler Hillman	M	Manawatu Whanganui Weightlifting
Brandon Crear	M	Hamilton Weightlifting
Sarah Corcoran	F	Olympic Weightlifting Rotorua
Crystal Robinson	F	Fitness Portal
Tyler McDowell	F	Northsport Olympic Weightlifting
Riana Froger	F	Northsport Olympic Weightlifting
Loral Morrison	F	Kotahi Barbell Club

Session 2 Presentation 11:45am		
Jamie Ogilvy	F	Kotahi Barbell Club
Jacqui Gage-Brown	F	Kotahi Barbell Club
Marichèle Nel	F	Kotahi Barbell Club
Rebecca Low	F	Waikato Weightlifting Club
Patrice Teao	F	Limitless Weightlifting
Casey Smith	F	Olympic Weightlifting Rotorua
Mia Goodsell-Matthews	F	Kotahi Barbell Club
Te Rehia Ratu	F	Kotahi Barbell Club
Kristen Burnett	F	Taurus Barbell Club
Alice Miller	F	Northsport Olympic Weightlifting
Emma Wilson	F	Manawatu Whanganui Weightlifting
Tori Bailey	F	Waikato Weightlifting Club

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**GABI PEACH**

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