



2025 WAIKATO BAY OF PLENTY CHAMPIONSHIPS

SATURDAY 26 APRIL 2025 - MOUNT MAUNGANUI

entries close april 13



Preliminary Event Information

The 2025 Waikato Bay of Plenty Championships is organised by a group of volunteers from across the region, hosted by Mount Weightlifting and sanctioned by Weightlifting New Zealand (WNZ).

The event will take place on Saturday April 26th 2025 at Mount CrossFit, 109 Newton Street Mount Maunganui, and will be run in accordance with IWF rules.

Eligibility

Organisers do not wish to unreasonably impose entry criteria, however there is an expectation that all attending athletes have prior competitive experience or have been appropriately prepared for this event (e.g. through an unsanctioned in-house competition). ALL athletes and coaches must be familiar with competition rules and regulations, and the order and sequence of the competition sessions.

Athletes must be turning 13 years or older (born 2012 or earlier) in order to take part.

Entry Information

Entries can only be made via the WNZ Events Calendar <https://weightlifting.nz/Calendar>
Entries open on March 10th and will close end of day on April 13th or, when the event capacity of 40 athletes is reached (whatever comes first). There will be no late entries permitted.

Verification of Entries (VOE), is the last opportunity for athletes to make any changes to their bodyweight category or entry total. Changes can only be made via the WNZ calendar. The VOE deadline is end of day April 20th.

There will be a maximum of 3 sessions for this event, with a preliminary schedule released once entries close. The final schedule will be available after VOE ends.

Please Note:

- Athletes who do not meet their anti-doping education obligations will be automatically withdrawn from the competition. See anti-doping education requirements section below.
- Entry fees will not be refunded after close of entries.
- By entering this event all athletes and coaches agree to the regulations set out in this document

Body weight categories

The competition will be run using the new IWF junior and senior body weight categories. These are:

Males: 60kg, 65kg, 71kg, 79kg, 88kg, 98kg, 110kg, +110kg

Females: 48kg, 53kg, 58kg, 63kg, 69kg, 77kg, 86kg, +86kg

Weigh-in

Weigh-in will commence 2 hours before the scheduled presentation time for each session and will run for 1 hour. If by the time the weigh-in period ends, the athlete does not make weight required as per their entry, the athlete will be allowed to lift as a *guest only* and their results will not be recognised. At weigh-in athletes will be asked for starting Snatch and Clean & Jerk attempts. Please make sure to have them ready.

20kg Rule

The competition will use the 20kg Rule in accordance with IWF Technical Competition Rules & Regulations, i.e. Your opening lifts cannot total less than 20kg of your entry total.

Weightlifting NZ Membership

All athletes must be current *competitive* members of WNZ on the day of competition. All attending coaches (anyone assisting athletes in the warm up area) must also have a current WNZ membership

To create or renew your membership please visit <https://weightlifting.nz/Join>

Uniform Requirements

Weightlifting suits must be worn and any belts must not be wider than 12cm. Bandages/strapping/footwear must also be as per IWF Rules & Regulations.

Athletes not in suits will not be allowed on the platform and any illegal equipment must be removed.

Minimum Start Weights

IWF rules for minimum opening weights will be in effect.

Men = twenty six (26)kg (20kg bar, collars and two 0.5kg discs)

Women = twenty one (21)kg (15kg bar, collars and two 0.5kg discs)

Athlete Progression and Results

Athletes with no valid lifts in the Snatch *will* be allowed to compete in the Clean & Jerk however any athlete who fails to make a total will not receive a placing or have their results recognised.

Athletes are eligible to set New Zealand records and achieve qualifying standards for international representation at this event.

Warmup Platforms/Area

Access to the warmup room will not be available until the end of the previous session and the area has been cleared. Warm up space is limited, and athletes may be expected to share a warmup platform. In the event a previous session runs overtime the start of the next session will be pushed out to ensure sufficient warm up opportunity for those athletes.

The following number of coaches/support are permitted in the warm up area with athletes (from the same club);

1 Athlete = 2 people

2 or more Athletes = 1 additional person per athlete (ie 3 people for 2 athletes from the same club, 4 for 3 athletes and so on)

Athletes and coaches are asked to put all weights away and leave the area tidy before leaving the warmup area.

Presentation of Awards

A certificate recognising participation will be awarded to all athletes.

Weightclass placings will be acknowledged after each session, with medals awarded for 1st, 2nd and 3rd placings in each bodyweight category. No age categories will be recognised.

At the end of the competition, the following best overall lifters will be recognised;

Best Male Lifter (Senior)

Best Female Lifter (Senior)

Best Male Lifter (Junior)

Best Female Lifter (Junior)

Best Male Lifter (Masters)

Best Female Lifter (Masters)

Please note: Only members of *Central North Island Clubs* (as registered with WNZ) are eligible for placings (medals). This includes clubs in Waikato, Bay of Plenty, and the East Coast. All attending athletes are eligible for best lifter awards.

Scales

Competition scales in the weigh-in room will be the only scales onsite throughout the competition. Please be aware there will be no access to scales during official weigh-in times for athletes wishing to check their bodyweight.

Event Location

The event will take place at Mount CrossFit, 109 Newton Street Mount Maunganui. Please note only street parking is available.

There are bathroom facilities onsite.

There is food available at [The Rising Tide Eatery](#) next door from 11am, with numerous cafes and food outlets within a 5-10 minute drive.

Anti-doping Education Requirements

All WNZ athletes are required to have completed the Sport Integrity Commission's Anti-doping elearning Level 1 course.

<https://sporttutor.nz/pages/internal-dashboard.jsf?menuId=4316679&locale=enGB&client=sportintegrity#/?dashboardId=4310620>

Athletes need to email their completion certificate to education@weightlifting.nz

Please make any anti-doping education related enquiries to Karen Lloyd (WNZ Clean Sport Officer) at the above address.

Note: Athletes who do not meet their anti-doping education obligations will be automatically withdrawn from the competition.

ADAMS Requirement

If you are *already* registered with ADAMS and are currently at A, International or Elite Grades, your Whereabouts MUST be complete for Quarter 2 to 30 June 2025 and include this event and any associated travel or accommodation details in your submission.

Failure to be ADAMS compliant will result in your entry being withdrawn. Please note that only *currently* registered athletes need to be compliant. If you are unsure, or have any queries please contact the WNZ Clean Sport Officer.

General Competition Enquiries

Please contact Gabi Peach hello@peachstrengthandmovement.co.nz