



# Weightlifting New Zealand Strategy: 2026 Commonwealth Games

## Vision

To deliver a high-performing, athlete-centred campaign that results in 3–5 medals for New Zealand at the 2026 Commonwealth Games.

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## Purpose

This document outlines the decision-making process that will be followed by the High Performance Committee and WNZ Selectors to ensure Weightlifting New Zealand (WNZ) is positioned to select its strongest possible team for the 2026 Commonwealth Games in Glasgow.

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## Core Principles

### 1. Athlete-Centred Approach

The campaign prioritises the wellbeing, development, and performance readiness of each individual athlete, ensuring they are supported to peak when it matters most.

### 2. Inclusive Qualification Opportunities

WNZ is committed to providing broad access to qualification events. Athletes will be encouraged and supported to attend **at least one** of the following four international events:

- **Mini Pacific Games / Oceania Championships – Palau** (July 2025)
- **Commonwealth Championships – India** (August 2025)
- **IWF Senior World Championships – Norway** (October 2025)
- **Oceania Championships – Samoa** (April 2026 – final qualification event)

### 3. Performance-Based Selection

Selections will be guided by the **WNZ Selection Policy** and the **2026 Commonwealth Games Nomination Criteria**. Consideration will be given to:

- The athlete with the highest total in a bodyweight category; and/or
- The athlete with the highest percentage of qualification standard achieved (ranked across all categories); and
- The **prospect to place in the top 6** and be in **medal contention** at the 2026 Commonwealth Games.
- The **2025 WNZ National Championships** will serve as the final domestic qualification opportunity and will inform selection for Samoa.

Additional selection considerations include:

- Evidence of performance progression across the campaign period.
- Attendance and results from international events.

### 4. Final Team Confirmation

- WNZ will select its strongest possible team for the Oceania Championships in Samoa – the final qualification event for the Commonwealth Games.
- Performances at Samoa will serve as the last formal selection opportunity for finalising the team that will be nominated to the NZOC for selection to the 2026 Commonwealth Games.

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## Implementation & Oversight

The High Performance Committee, in consultation with the WNZ Selectors and in alignment with the Commonwealth Games nomination criteria, will lead a transparent and athlete focused selection process.