**Thank you for signing up to lift at The New Zealand Masters Games at Whanganui Olympic Weightlifting!** We are so excited to host the first Weightlifting event in the New Zealand Masters Games in over 30 years!

We would like to welcome you to have a good time at this event!  Here is some information to help you with this weekend:

**Our Location**

33 Hatrick West, Whanganui (We are in the CrossFit Whanganui building)

**Saturday - 2nd February 2019**

For the Masters Games event and out of town lifters we are opening the gym for training from 9am - 12pm on Saturday 2nd February.  Lifters and coaches are welcome to come in and check out the venue and do their training if needed.

**Sunday - 3rd February 2019**

**8.45am** - Gym will open

**9.00am**- Weigh in begins

**10.00am** - Presentation of lifters

**10.10am**- First lift

We will run in one session starting with all women on Snatch, followed by men on Snatch.  After a 10 minute break we will start the Clean and Jerks for women followed by Clean and Jerks for men.

* **Weigh in -**Weigh in starts at 9am and will be in the front office, weigh in will be done by Karli, if you prefer a male take your weight please ask
* **Warm up -**We have five platforms available for warming up these are behind the official platform.  These are within earshot of the main platform, please be mindful of the lifter on the main platform when you are warming up and avoid dropping heavy barbells just as someone is about to lift.
* **Barbells** - Please do not drop empty barbells, or allow them to drop when changing plates.  Please use clips at all times.
* **Toilets** - we have one toilet - unisex, this is also our changing room, so please be fast if others are waiting.
* **Payments -**All payments are to go through Master Games - No payments and entries will be accepted on the day
* **Parking** - We have plenty of parking, on site or on the grass across the road
* **Children** - We are a family friendly environment, while children are welcome, please be sure they stay out of the warm up area and are not distracting to the lifters. We have a kids room and wifi passwords if this will help.  Children remain the responsibility of their parents at all times.
* **National Record attempts -**This event will not be hosting records, for record setting events please see the [OWNZ calendar](http://olympicweightlifting.nz/wp-content/uploads/2019/01/OWNZ-Calendar-14-1-2019.pdf) for details
* **Friendly atmosphere** - We want all our lifters to have a great day, please come with a great attitude and be respectful.  Supporters are welcome!!

Thank you to our volunteers - this entire competition doesn't run without volunteers and officials!  Thank you to everyone here are the volunteers:  
**Referee officials:** Liam Nottage, Lee Bradford and George Williams  
**Bar Loaders:** Matt Davis, Matt McLay and Blade Jones  
**Software and scores:** Victoria Cate  
**MC:** Matt Rayner  
**Video:** Alex Duff

Thank you to all the volunteers for your time and assistance at this event. If you have any other questions let us know!

Matt and Karli

Whanganui Olympic Weightlifting