

NZ Masters Games 2021 Event Information



7TH FEBRUARY 2021

Olympic Weightlifting Whanganui



Welcome to Whanganui

Nau mai, haere mai ki te Awa Tupua o Whanganui

Thank you for being a part of the NZ Masters Games 2021 Olympic Weightlifting Competition!

We are excited to host you all for a big day of weightlifting for Masters. We first hosted this event in 2019 and had one session for all entrants. We are so excited to have this grow and expand to 3 sessions for a full day of fun. Big huge thanks to all our supporters near and far!!

In this pack we have lots of information for you about the weightlifting event. Please be sure to read through and check that you are fully registered and aware of the requirements in this event.

If you have any questions that are not covered here please let us know! Please be aware that if your question can be answered from within this document, your email enquiry will be directed to this document.

This document includes all relevant event information known at the time of publication. This document will be posted on the Whanganui Olympic Weightlifting Facebook page, the NZ Masters FB Group and sent via email to all registered athletes. It is the responsibility of competing athletes to ensure relevant information is passed on to coaches, helpers, and supporters.

Thanks

Matt and Karli

“E rere kau mai te awa nui nei, mai i te kāhui maunga ki Tangaroa. Ko au te awa, Ko te awa ko au.

The river flows from the mountains to the sea. I am the river, the river is me.”

Contact Information:

Event Host: Matt Rayner

Matt@crossfitwhanganui.co.nz

0279506155

Event Coordinator: Karli Kaea-Norman

Karli@crossfitwhanganu.co.nz

0212301780

Registration:

Registration can only be made via the Master Games Event page at:

<https://www.nzmg.com/enter-now/>

You will need to check you have registered for all the following:

Master Games Registration - <https://www.nzmg.com/>

Olympic Weightlifting New Zealand Registration -

<http://olympicweightlifting.nz/registrations/>

Registrations close 29th January 2021 (unless sold out prior), and you MUST be registered as an OWNZ athlete to be eligible to compete in this event.

Competition Venue:

CrossFit Whanganui, 33 Hatrick Street West, Whanganui

Master Games Village:

War Memorial Centre, Watt Street, Whanganui

<https://www.nzmg.com/>

Check in location and time:

Your athlete pack and sign in will be at the Masters Games Village (War memorial center, Watt Street, Whanganui) during the following times:

Friday 5 February, 8:00am - 6:00pm and 7:00pm - 9:00pm

Saturday 6 February, 8:00am - 6:00pm

Emergency Procedures:

The Announcer will provide a briefing before the start of each session regarding actions in case of an emergency. Please remain calm and follow the instructions given by our event officials.

Session Times:

Session	Group	Weigh in	Presentation <i>(first lift 10 mins after Presentation)</i>
1	Women 50+ Years	6am - 7am	8am
2	Women 35 - 49 Years	9am - 10am	11am
3	Men (All)	12pm - 1pm	2pm

Prizegiving:

Prizegiving for all 3 sessions will be held at CrossFit Whanganui at 5pm. Medals will be awarded to 1st, 2nd and 3rd placing in each weight class and age category.

Start List:

Start list will be published on the Whanganui Olympic Weightlifting Facebook page after 1st February and once registrations are confirmed with OWNZ.

Training Opportunity:

CrossFit Whanganui will be open and available for training on
Friday 5th February 5:00 pm - 7:00 pm
Saturday 6th February 9:00 am - 12:00 pm

Please be aware that regular business and the event day set up may also be happening at this time, however we have a weightlifting area that is clear of most of the set up. If you would like to see the facility outside of those hours, pop by (someone may be setting up) or flick Matt or Karli a text.

Costume:

This event is a championship level event and athletes will be required to wear a weightlifting costume/unitard. The IWF standards for outfit:

<http://olympicweightlifting.nz/wp-content/uploads/2018/06/IWF-TC-PPT-Athletes-Outfit.pdf>

National Record attempts:

This event is an OWNZ sanctioned Championship Level competition where National records can be set or broken. It remains the athlete's responsibility to advise us of any attempt to break a national record and to ensure necessary paperwork is completed at the end of your session. You can check the current records and standards on the OWNZ website: <http://olympicweightlifting.nz/national-records/>

Weigh in:

Weigh In will be two hours before the session start time and will be for the duration of 1 hour. Athletes will be called in by their randomly allocated lot numbers. If the competition is running ahead or behind time weigh in will continue to be held at the scheduled time.

For this event weight classes may be changed right up to weigh in. The athlete can choose if they are comfortable with a male or female weighing them in, and/or have a support person present during the weigh in. Scales will be available for use during training sessions on Friday and Saturday. During weigh-in athletes will declare their opening snatch and clean and jerk attempts.

Warm up:

We have five platforms available for warming up, these are in the same room as 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. Warm Up platforms will be shared and allocated. The technical controller will advise each athlete which warm up platform has been allocated. There is limited space available, so the Warm up area is restricted to athletes and their coaches only during the event, spectators must remain in the spectator area. Technical Controllers will be monitoring the athlete area.

Anti-Doping:

This is a sanctioned OWNZ event, and as such all OWNZ events are subject to Drug testing by the Drug Free Sport New Zealand Anti-Doping Authority.

Volunteers:

If you can help with any other session, we'd love to have your assistance! The roles we would like to fill are:

Referee - must be a national level referee for this event and formal dress code is required (Navy Blue is preferred however Black will be accepted). You must also be currently registered with OWNZ on the day of the event.

For all other roles please wear tidy dress:

- Bar Loaders (no open toed shoes)
- Marshals
- Score Keeper
- Timekeeper
- MC

If you can assist in any of these roles, please let us know what you are able to do and if you are competing, which session you will be in. We will get in touch with you to confirm when we have placed our volunteers into the schedule.

Email to: Karli@crossfitwhanganui.co.nz

Event Coverage:

The competition will be livestreamed on the Whanganui Olympic Facebook page and professional photographers will be present. Athletes, coaches, and spectators are welcome to collect their own footage however this is not to impede any professional coverage. All professional photographs will be available for purchase and available via the NZ Masters Games website: <https://www.nzmg.com/photography-2021/>

Local Info:

Our nearest Coffee and Cafe is available at Mitre 10 Mega (Directions from leaving our gym - turn right onto Hatrick street, turn right onto Guyton street, then continue straight ahead until you are at their entrance opposite VTNZ - Approx. 800m)

For more information about local activities, site seeing, accommodation and transport: <https://www.nzmg.com/about-whanganui/>

After Function:

Please join us Sunday evening at the Masters Games Village for food, drinks, and live music. Sunday 7th February 2021, 8:00pm – Live Band: Re-set. RE-SET has many years' experience in its line-up of seasoned musicians. The band prides itself on tight musicianship, great vocals and careful song selections designed to keep the dance floor full. The sound is funky and soulful, and just the right amount of rock, and some roots reggae mixed in. You won't want to miss Re-set

Our Gym Etiquette

Facilities:

We have one toilet available onsite and a portaloo will be available on the day.
We have a small kitchen with a microwave, jug, sink and a small fridge available for use.

Parking:

We have free parking available on site and there is plenty of parking allowed on the grass verge across the road.

Barbells:

Please do not drop empty barbells or allow them to drop when changing plates.

Friendly Atmosphere:

We want all our lifters to have a great day, please come with a great attitude and be respectful. Supporters are welcome!

Spectators and supporters:

Spectators and supporters are all welcome to come and watch the event, there is no door charge to watch. Please stay in the allocated spectator areas.



NZ Masters Games 2019

Start List:

Session	First Name	Last Name	Date of Birth	Age Group	Weight Class	Gender
1	Sachiko	Kawakami	21/06/1969	50-54	55kg	Female
1	Jennifer	Brown	15/04/1964	55-59	55kg	Female
1	Paule	Poulin	20/11/1970	50-54	64kg	Female
1	Anne	Haw	16/09/1957	60-64	64kg	Female
1	Collette	Skinner	22/12/1968	50-54	76kg	Female
1	Lyn	Mayes	10/12/1961	60-64	76kg	Female
1	Kirsten	Walker	25/07/1965	55-59	81kg	Female
1	Claire	Nahi	21/06/1968	50-54	87kg	Female
1	Sue	Staples	28/08/1965	55-59		Female
2	Christina	Magill	2/05/1978	40-44	59kg	Female
2	Odette	Smith	1/08/1977	40-44	64kg	Female
2	Tania Christina Waikato	Reweti	19/06/1979	40-44	71kg	Female
2	Karen	Ladbrook	7/07/1976	40-44	71kg	Female
2	Richardson	Penny	23/03/1974	45-49	76kg	Female
2	Aroha	Kereopa	1/09/1983	35-39	87kg+	Female
2	lisa	tetzlaff	13/02/1984	35-39		Female
2	Jasmine	Hepi	18/03/1983	35-39		Female
2	Jessica	Thomas	24/09/1983	35-39		Female
2	Annabelle	Hohepa	16/10/1978	40-44		Female
2	Stacey	Cramp	30/10/1982	35-39		Female
2	Gloria	Tasi	26/04/1984	35-39		Female
3	Graeme	Evans	18/03/1969	50-54	109kg	Male
3	Ehsan	Bayati	25/07/1969	50-54	67kg	Male
3	Richard	Stein	31/08/1953	65-69	67kg	Male
3	Andrew	Jameson	1/03/1963	55-59	81kg	Male
3	Soo-Wee	Ong	12/10/1981	40-44	89kg	Male
3	Matt	Dyson	8/02/1970	50-54	89kg	Male
3	James	Leong	4/05/1983	35-39		Male
3	Richardson	James	23/07/1980	40-44		Male
3	Daniel	Ryan	16/07/1966	55-59		Male
3	Rawiri	Taonui	25/09/1958	60-64		Male
3	Mark	Kennedy	6/08/1958	60-64		Male
3	Boris	Prokofiev	27/12/1947	70-74		Male
3	Tom	Putricevich	20/07/1937	80+		Male
3	Gregory	Bahler	11/12/1966	55-59		Male