



2016 ZKC EMAIL INTERNATIONAL CLUB WEIGHTLIFTING TOURNAMENT

Sponsored by **ZKC ZHANGKONG BARBELL Company** organized by
the Oceania Weightlifting Federation (OWF)

Date : _____

June 28-30,2016



Results:

To be emailed not later than July 3rd 2016
To owf@bigpond.com or owf@mls.nc

Results published:

Results will be emailed to every Club and Country participating by July 10th 2016 and will be published in the Oceania weightlifting website. www.oceaniaweightlifting.com

Club eligibility:

The Club must be affiliated to the National Weightlifting Federation in their own country.

Entries:

As many lifters as the club wishes to enter. (men & women)

Age:

No age limit.

Competition Categories:

IWF Categories for Men and Women.
Men: 56,62,69,77,85,94,105, +105 **Women:** 48,53,58,63,69,75, +75

Prizes: (Men)

2 sets of 190Kg **ZKC** training weights sponsored by **Zhangkong Barbell** will be awarded to the Club which scores the most points according to IWF rules (only for the Total)
1st- 28 points, 2nd- 25points, 3rd – 23points, 4th- 22points, 5th- 21points, and so on...

The freight cost also will be covered also by **ZKC** to the nearest destination port.
Please note: *You may have to pay import duty once the weights arrive in your country including internal transport to your clubs destination.*

Prizes: (Women)

2 sets of 185Kg **ZKC** training weights sponsored by **Zhangkong Barbell** will be awarded to the Club which scores the most points according to IWF rules (only for the Total)
1st- 28 points, 2nd- 25points, 3rd – 23points, 4th- 22points, 5th- 21points, and so on....

The freight cost also will be covered also by **ZKC** to the nearest destination port. **Please note:** *You may have to pay import duty once the weights arrive in your country including internal transport to your clubs destination.*

Individual Winners:

1st, 2nd, 3rd, in each categories will receive medals (*only for the total*) The medals will be posted to each club via its own National Federation once the full results are finalized.

Results format:

Must be in the following format. **For example:**

NAME	D/B	NAT.	CLUB	B/W	SNATCH	JERK	TOTAL
Jim Hawhin	1987	Nauru	Power	76.3	100	140	240

Competition:

The competition must have three referees at State or National level.

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