

2020 Australian Masters Weightlifting Championships
2020 Oceania Masters Weightlifting Open

Eligibility	<p>The Australian Masters Championships are open to members of the Australian Weightlifting Federation who:</p> <ul style="list-style-type: none"> • are aged 35 or over • are approved by their State/Territory Weightlifting Association • have achieved a Total in at least two official competitions between 13th June 2019 and 5th April 2020 <p>The Oceania Masters Open is open to members of any IWF Member Federation who:</p> <ul style="list-style-type: none"> • are aged 35 or over • are approved by their National Weightlifting Federation • hold Citizenship of the country of their National Weightlifting Federation
Host Country	Australia
Dates of Competition	5 th , 6 th , 7 th June 2020
Competition Venue	Pullman Cairns International Hotel, 17 Abbott Street, Cairns, Queensland, Australia
Age Eligibility	Athletes born during or before 1985
Categories	45-49-55-59-64-71-76-81-87-87+ WOMEN 10 Categories 55-61-67-73-81-89-96-102-109-109+ MEN 10 Categories
Age Groups	As per IWF-Masters Rules
Close of Entries	Midnight AEST, Friday 10 th April 2020
Entry Fee	One event: AUD \$135 Two events: AUD \$145
Closing Function	Sunday 7 th June, Pullman Cairns International Hotel AUD \$35 per person if paid by 10 th April 2020.
Awards	<ul style="list-style-type: none"> • T-Shirt – all competitors • Medals – Top 3 per age group and bodyweight category • Team Trophy – Men / Women • Awards presented for best performances across both events <ul style="list-style-type: none"> ○ Male / Female Champion of Champions (SMF Score) ○ Male / Female Best in Age Group (SMF Score)
Therapeutic Use Exemptions	Therapeutic Use Exemptions must be completed and sanctioned by the respective Governing Body/Country Anti-Doping Officer. You must bring a copy of all relevant documents related to your T.U.E for Anti-doping purposes.



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IMPORTANT NOTES:

- Payments and individual entries must be submitted via website link: www.awf.com.au/registration/ **no later than Friday 10th April 2020**
- The AWF office will send all received entries to the respective Member Federation and Australian State Association who will review and endorse the participation of their members via email imoir@awf.com.au **no later than Wednesday 15th April 2020.**
- Should a Member Federation choose **to not endorse** an individual entry, that person will not be permitted to compete and they will receive a 90% refund i.e. 1 event - \$121.50 refund, 2 Events – \$130.50 refund.

REGULATIONS:

1. The competition will be conducted according to the IWF Technical and Competition Rules & Regulations (TCRR).
2. The minimum weights that can be attempted will be in accordance with the IWF TCRR:
Men = twenty-six (26) kg
Women = twenty-one (21) kg
3. With reference to IWF TCRR, the 20 Kilo Rule will apply. The weight of the competitor's first Snatch attempt and the weight of their first Clean & Jerk attempt must add up to within 20kg of their verified Entry Total. The Entry Total can be changed via the AWF Online Verification System **prior to 12:00 noon on Wednesday 3rd June 2020.**
4. Athletes **must produce** a passport or Australian Driver's Licence at the weigh-in. Failure to submit correct ID at the weigh-in will result in the athlete not being able to contest the event.
5. Athletes may compete in the category in which they have entered or go up or down categories. All changes must be declared **prior to 12:00 noon on Wednesday 3rd June 2020** via the AWF Online Verification System.

To change your entry:

- a) Go to www.awf.com.au/verification/
- b) Enter the Payment ID from your registration confirmation email
- c) Enter your date of birth and email address
- d) Click on Verify Entrant
- e) Change your Bodyweight Category and/or Entry Total
- f) Click the Update button

Changes will be confirmed on the screen and by email. **Please wait for confirmation before leaving the web page.**

6. **Individual Placing** will be calculated by **Totals** only.

7. TEAM NOMINATION

Final Team nominations are to be submitted by email to imoir@awf.com.au by 5pm (17:00) on Thursday 4th June, 2020. There is no registration fee for Teams.

Each Nation (Oceania Open) or State (Australian Championships) may enter one team with no restriction on age or body weight categories. Teams must be declared by Thursday 4th June 2020 by email to imoir@awf.com.au.

Each Male and/or Female team will consist of five (5) lifters. States or Nations may enter a maximum of one (1) male team and one (1) female team. Scoring for the Team competition will be as per the IWF TCRR with the following proviso: If a team member is the only lifter in an age and weight group, the maximum number of



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points that he or she can earn is 23 (equivalent to 3rd. place). If there are two competitors in the age and weight group and both are selected in teams, the winner would earn 25 points and second place would earn 23 points (equivalent to 2nd and 3rd. places).

8. An athlete who does not register a successful Snatch will **not be allowed** to continue in the Clean & Jerk;
9. Athlete dress standard **MUST** conform to the IWF TCRR.
10. All individual entries and payments **MUST** be submitted online **no later than Friday 10th April 2020** via **website link: www.awf.com.au/registration/ NO LATE ENTRIES WILL BE ACCEPTED**
11. **Refunds** to individuals will only be issued in the instance where a Member Federation **does not** endorse the entry of an individual. No refunds will be made for the withdrawal or no-show of any entrant for any other reason.

ACCOMMODATION

The recommended accommodation is the **Pullman International Cairns Hotel**. Participants are responsible for their own accommodation bookings and payment to the hotel. The room rates below do not include meals.

Discounted Rates (room only):
\$150 per night – City Mountain view
\$180 per night – Harbour view

Each room can sleep a maximum of 3 adults; or 2 adults + 2 children.
Buffet breakfast is available at the discounted rate of \$22 per person if booked with the room reservation.

Participants can book accommodation via the following link:

<https://pci.eventsair.com/awf/accommodation/Site/Register>

Or contact the hotel:

Graeme Wellings
PH: +61 7 4050 2152
Email: H8772-RE1@accor.com

You must advise the hotel that you are attending the Australian Masters Weightlifting event, to obtain the discounted rate.

Closing Function – BBQ on the Pooldeck

5:00pm – 7:00pm
Sunday 7th June 2020
Daintree's Pooldeck
Pullman International Cairns Hotel
\$35 per person if booked online and paid by 10th April 2020
\$40 per person if booked after 10th April 2020

Bookings: <https://www.awf.com.au/merchandise/ref/AWF20AUSOWFMASTERSDINNER>



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