

Preparing for a Weightlifting Competition

You can use this information to assist you in preparing to host a weightlifting competition. This is meant as a guide only.

60 Days Before

- Complete Event Registration Form and distribute via MWA Secretary or other MWA executive member
- If event subject to doping control, submit Registration Form to MWA VP Technical to complete and submit the SDC application

35 Days Before

- Confirm with MWA VP Technical that:
 - SDC application submitted to SDC; and
 - competition listed on the MWA/CWFHC Competition Calendar

5 – 15 Days Before

- Create start list
- The day after registration closes, submit list of entries to MWA Secretary to confirm all Manitoba lifters are members in good standing of the MWA. In the event any entered competitors are not members in good standing with the MWA, the MWA Secretary will instruct the meet director on what must be done prior to the event.
- Review start list with MWA Officials Chairperson and confirm MWA Officials Chairperson will prepare the competitor cards complete with name, age, club, and weight class and extra blanks
- Provide start list to all participants, coaches, officials via MWA Secretary/executive member
- Complete a list of MWA assets needed and submit to MWA VP Technical
- Determine possible number of medals needed and request from MWA VP Administration
- Call for volunteers such as loaders, set-up, take down and for SDC if required

3 Days

- Confirm all volunteer and officials positions filled for event and each person understands duties
- Pick up medals
- Set up competition scoreboard system
- Input lifters into system
- Confirm loading sheets in stock
- Prepare cheques/gifts for best lifter, male and female (i.e. \$25 each for a total of \$50)

1 Day Before and Day of Event

- Bring tools and equipment for set up which may include: wax, impact drills, hammers/mallets, pry bar, extension cords (suggest 3), punch, wrenches, table/chairs for officials, loaders, spectators, etc.
- Set up competition area, warm up area and spectator area including extra equipment like chalk stands
- Set up platforms, weights and chairs
- Set-up light system or use of flags (recommend having flags with light system in the event of failure)
- Set-up marking system-computer
- If applicable, set-up/install black drapes, hang flags (available from Sport Manitoba) and MWA/club banner
- Set-Up Scale and back up scale

- For Officials:
 - Competitor cards completed with name, birthdate, class, and club; include some blank cards (from MWA Officials Chairperson)
 - Pencils/pens
 - competition protocol (score sheet)
- Pick up officials/volunteer refreshments (water, coffee/coffee supplies, lunch, etc.)

Post Event

- First business day after competition, provide VP Technical and/or Officials Chairperson the results in the official CWFHC Excel spreadsheet for submission to CWFHC (official CWFHC Excel spreadsheet available from VP Technical)
- Within seven (7) days of competition, return all MWA assets, advise VP Technical if any damage at or before time of return.