

## Next lifter Simplified Instructions – by Raymond Wong

### Step 1: Reset Template –

Goto “Setup” Tab and Press on the “Reset for new meet” button.



This will clear all previous data stored in the template.

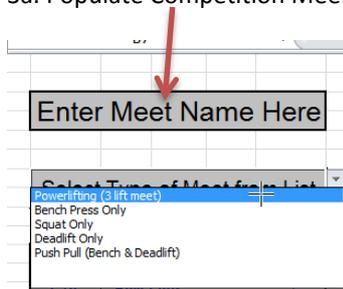
### Step 2: Update Weights available at Competition –

If this part is not updated then it makes it difficult for spotters/loaders to load the right weight as the weights available at the meet do not match the weights populated in the template.

Platform Weights			Platform Weight Set			Kg
	Kg			Kg		
	0	55		0		25
How	Pound	LOAD	How	Kilo	LOAD	
Many?	Plates	on Bar	Many?	Plates	on Bar	
0	110	0	0	50	0	
6	100	0	0	45	0	
0	50	0	14	25	0	
4	45	0	4	20	0	
4	35	0	2	15	0	
2	25	0	2	10	0	
4	10	0	2	5	0	
2	5	0	2	2.5	0	
2	2.5	0	2	1.25	0	
0	1	0	4	0.5	0	
0	0.5	0	2	0.25	0	
bar & collars		55	bar & collars		25	
1080 Lbs Available on the Platform			525.0 Kilos Available on the Platform			

### Step 3: Populate Meet name and Meet type –

#### 3a. Populate Competition Meet Name



3b. Select meet type, in Powerlifting Australia (IPF) this will usually be Powerlifting (3 lift Meet) unless it's a pure bench press only comp which is quite rare.



**Step 4: Populate Weight divisions –**

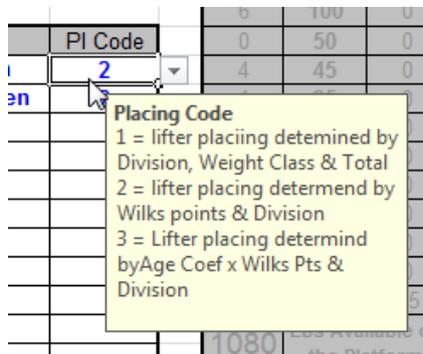
This setup section is used to determine the different awards and lifters categories during the meet.

M/F-Div	Description	PI Code
M-BL	Best Lifter Men	2
F-BL	Best Lifter Women	2

The above default settings would be used when there are no trophy/awards for different weight classes or age divisions and the winner is based purely on the lifter with the best Wilks score.

The PL Code 2 option is where you have a medal awarded to the best lifter in each Division

e.g M-O (Opens), M-J (Junior), M-M1 (Masters 1), best Opens lifter, best Juniors lifter best Masters regardless of weightclass.



PL Code 1 is commonly used at meets where prizes will be awarded to each weight class winner.

Setting up M-O, or F-O is common whereby everyone is treated as an Open lifter with no prizes awards to Junior, Sub-Junior or Master Divisions.

<b>Top Lifter 2</b>		
<b>Powerlifting (3 lift meet)</b>		
M/F-Div	Description	PI Code
M-BL	Best Lifter Men	2
F-BL	Best Lifter Women	2
M-O	Mens - Opens	1
F-O	Womens - Opens	1

Usual M/F-Div Codes would be:

M-O, M-SJ, M-J, M-M1, M-M2, M-M3 & M-M4

F-O, F-SJ, F-J, F-M1, F-M2, F-M3 & F-M4

**Step 5: Populate registered lifters details –**

In this step you go to the “Weigh-In” tab and populate the lifters details.

Please note you can pre-populate the following fields before the meet day to save time:

**Grp: (Col A)** - Group the lifter will be lifting in, if there is more than one group lifting on the day usually Grp B & Grp A

**Name: (Col B)** Full name of lifter, please use their full name as per their membership details as this name will be used in the final results published on the PA website but most importantly in determining their rankings positions on the PA website.

**Div: (Col D)** This would be the codes prepopulated in the setup tab, M-O or F-O for example

**Lot#: (Col F)** This is the lifters weigh-in lot number allocated by the weigh-in official, if two lifters are the same bodyweight and opening on the same weight then the lot number is used to work out lifting order.

**Events Entered: (Col M)** If the lifter is registered in the 3 lift comp, populate “PL”. If the lifter is doing bench press only use the code “BP”

The screenshot shows a spreadsheet with columns labeled A through V. Column A is 'Grp', B is 'Name', C is 'Team', D is 'Div', E is 'Bwt (kg)', F is 'lot#', G is 'Age', H is 'SQ rack', I is 'SQ-1 (Kg)', J is 'BP rack', K is 'BP-1 (Kg)', L is 'DL-1 (Kg)', and M is 'Events Entered'. A red arrow points from the 'Events Entered' column header to a yellow callout box. The callout box contains the following text:

**Events Entered**  
Type in the appropriate 2-letter code to indicate the Events the lifter will be competing in  
PL = Powerlifting (3-lift)  
BP = Bench Press  
DL= Deadlift  
PP = Push/Pull (BP + DL)

At this point you have pre-populated everything possible until the lifters weight-in, after they have weight-in you can populate the below details:

**Team: (Col C)** If there is a team award (usually at bigger meets), this can be left blank

**Bwt (kg): (Col E)** Populate the lifters official weight as per weigh-in, this will be used to determine their weightclass and wilks score (which is automatically calculated by Nextlifter)

**Age: (Col G)** Populate the lifters year of birth e.g 1991 (only) this will be used for when records are broken to determine age division records (e.g Junior, Masters 1)

**SQ-1 (Kg): Col I** Populate lifter’s Opening Squat attempt as provided at weigh-in to the official

**BP-1 (Kg): Col K** Populate lifter’s Opening Bench press attempt as provided at weigh-in to the official

**DL-1 (Kg): Col L** Populate lifter’s Opening Deadlift attempt as provided at weigh-in to the official

Please note: All of the above information is sufficient to proceed to the next step in your in a rush to provide lifters with the lifting order, the SQ Rack & BP Rack heights can be populated later in the lifting page.

However if time allows and the lifters have got their rack heights you can do populate these before moving data to the lifting page.

**SQ Rack: (Col H)** Populate Lifters SQ Rack height e.g 13, if lifters wish to have the racks-in then use 13I for the spotters and loaders to know. There is no need to do 13O (for out) as that is the default/normal.

**BP Rack: (Col J)** Populate lifters BP Rack height e.g 8C (8 meaning rack height, C meaning safety height) if blocks are required for short lifters then use 8C-LB (SB for small blocks, MB for medium blocks, LB for large blocks)

It is **VERY IMPORTANT** to note that you **SHOULD NEVER EVER DELETE COLUMNS OR ROWS** in this template as it will corrupt the formulas and the lifters placings and wilks won't be calculated correctly.

If you must alter the data due to incorrect input then copy and paste data only, **DO NOT CUT** and most importantly **DO NOT DELETE WHOLE ROWS** of data.

**Step 6: Transfer Lifter's details and Start the Competition! –**

Once all the data has been inputted then you can transfer the data to the lifting page and determine the lifting order and start the competition.

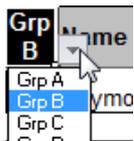
	A	B	C	D	E	F	G	H	I	J	K	L	M
1		Copy data to Lifting Page											
2	Grp	Name	Team	Div	Bwt (kg)	lot#	Age	SQ rack	SQ-1 (Kg)	BP rack	BP-1 (Kg)	DL-1 (Kg)	Events Entered
3	B	Raymond Wong		M-O	58.9	13	1981	8	180	8C	130	225	PL
4													

After pressing the "Copy data to lifting page" this will transfer all the lifters details on the weigh-in page to the Lifting page. Your screen will look something like the below, do no PANIC.

NAME		#N/A		#N/A Kg		#N/A Pounds		#N/A		#N/A		#N/A					
Deadlift 3		#N/A		#N/A		#N/A		#N/A		#N/A		#N/A					
QuickPrint	Results	Good	NoLift	Next Lifter	Auto	#N/A											
Grp	Name	Team	Div	Bwt (kg)	WCls (kg)	lot#	Sub Total	DL-1	DL-2	DL-3	Best DL	(1) PL Total	(2) Wilks Pts	(3) Age-Wilks	PI Code	PI-Div-WCls-Ewt	Events Entered
B	Raymond Wong		M-O	58.9	59	13	0	225			0	0	0.000	0.000	1		PL

**Step 7: Start of Competition –**

1. Firstly Click on the Group that will be lifting this, e.g Group B or Group A.



2. Next Click on the yellow button which by default will say Deadlift 3 and change this option to Squat 1, this will refresh the lifting order based on the lifters weights attempts.



The #NAME will change to the first lifters name based on person with the lowest opening weight.

Raymond Wong		59 kg cls		180 Kg		396.8 Pounds		Squat 1		Rack = 8		#	
QuickPrint	Results	Good	NoLift	Next Lifter	Auto	#							
Grp	Name	Team	Div	Bwt (kg)	WCls (kg)	lot#	SQ rack	SQ-1	SQ-2	SQ-3	Best SQ	BP rack	BP-1
B	Raymond Wong		M-O	58.9	59	13	8	180			0	8C	130