

WORLD POWERLIFTING NZ

presents the

2021 Oceania Powerlifting Championships



Powerlifting, Equipped Powerlifting and Bench Press Championships



Friday 18th - Sunday 20th of February 2022

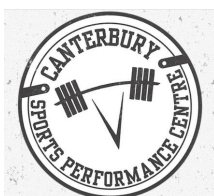
Canterbury Sports Performance Centre, 120 Wainoni Road,
Wainoni, Christchurch, New Zealand.

Showcasing Paralympics Benchpress

All competitors and coaches must be World Powerlifting members and are subject to Drug Free Sport NZ drug testing.

Enter now via attached form- **ENTRIES CLOSE Friday 7th January 2022 for NZ and 28th January for outside NZ**

For enquires or questions email Steve Lousich steve.lousich@gmail.com or Colin Wright
colin@althermcanterbury.co.nz



2021 OCEANIA MEET INFORMATION KEY DATES

Final entries close for NZ only	Friday 7 th January 2022 (NZ)
Final entries close for Others	Friday 28 th January 2022 (Outside NZ)
Gear check, rack height and weigh-in	2 hours before your session starts
Bench Press Championships	Friday 18 th February
Oceania Championships	Saturday 19 th and Sunday 20 th February
Presentation dinner	Sunday 20 th February, 7pm

MEET DIRECTORS

Steve Lousich

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Colin Wright

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VENUES

The competition will be held at **CSPC, 120 Wainoni Road, Wainoni, Christchurch, New Zealand.**
The competition meetings will be held at **CSPC, 120 Wainoni Road, Wainoni, Christchurch, New Zealand.**

The presentation dinner will be held at **Garden Hotel Restaurant, 110 Marshlands Road, Shirley, Christchurch**

COMPETITION ENTRY REQUIREMENTS

Oceania's Powerlifting & Bench Press Championships Entry Qualification

- Member of a World Powerlifting national federation and selected in your national team
- Final Nominations to steve.lousich@gmail.com by above dates
- Payment of competition entry fee
- Present World Powerlifting membership card or other ID during weight-in/equipment check

PROVISIONAL COMPETITION TIMETABLE

Thursday	6.00pm	Technical meeting and confirmation of entries
	7.00pm	Referees briefing
	7.30pm	Oceania AGM
Friday	2.00pm	Bench Press – all women and men
Saturday	10.00am	Women 48-64kg (Session 1)
	2.00pm	Men 62kg-85kg (Session 2)
Sunday	10.00am	Women 84kg-100+kg (Session 3)
	2.00pm	Men 94-120+kg (Session 4)

Timetable subject to change up to technical meeting

Ensure your attendance for all days of the Championship



COACHES AND SECURITY

- Maximum of two coaches per lifter
- List the name of your coach(es) on your entry form
- All coaches must be current World Powerlifting members and accredited by your national federation
- World Powerlifting dress code applies to coaches (tracksuit or sport shorts, a WP approved t-shirt and sports shoes)
- Security passes will be issued to all lifters, nominated coaches and referees
- Only those with passes will be permitted in the warm-up area
- All lifters, coaches and official passes will allow entry of the holder access to watch all sessions

DRUG TESTING

This event is subject to drug testing by Drug Free Sport NZ as per the World Powerlifting Anti-Doping Policy and the World Anti-Doping Authority (WADA) Code.

For further details please visit

<https://drugfreesport.org.nz/>
<https://worldpowerlifting.com/anti-doping/>
<http://www.wada-ama.org/en/>



drug free sport
new zealand

Ensure that any Therapeutic Use Exemption (TUE) you may require is in order

T-SHIRTS

T-Shirts will be available at the venue for \$30 (NZD). NZ Lifters will have option to order when they submit the online entry form.

SCALES

Scales available from Midday 17th February

ACCOMMODATION OPTIONS

Below is a list of some recommended accommodation options in Christchurch. Prices are indicative only and you should contact hotel directly for pricing booking. Competition organisers are not responsible for any hotel costs.

Garden Hotel 110 Marshlands Road, Shirley, Christchurch – Rating 7

- 5.6km from competition
- Approx. \$150 per night for standard double, standard queen, or standard twin rooms

Break Free on Cashel, Cashel Street, Central City – Rating 8.2

- 5.5km from competition
- \$130 per night for standard studio

Rydges Latimer, Latimer Square, Central City – Rating 8.7

- 4.6km from competition
- \$185 per night for king room

Ibis Christchurch 107 Hereford Street, City Centre – Rating 7.9

- 5.8km from competition
- From \$130 per night for standard room

SAUNAS

Heritage Health Club, Cathedral Square, Central City
Open 6am -10-30pm 7 days

MEDAL PRESENTATION

Medals for each class will be presented at the end of each day. Each ceremony will be coordinated by a Marshall & WP dress code will be required of all medalling lifters (track suit and WP approved t-shirt).

PRESENTATION DINNER

The presentation of major trophies will be at the dinner to be held at Garden Hotel Restaurant 110 Marshlands Road, Shirley, Christchurch 7pm Price is \$38.50 per person. Bar on site.

Meal is not included in entry, but we need confirmation of numbers for bookings
Can you advise by final nomination date banquet numbers

PARTNERS

The 2021 Oceania Powerlifting Championships are proud partners with:

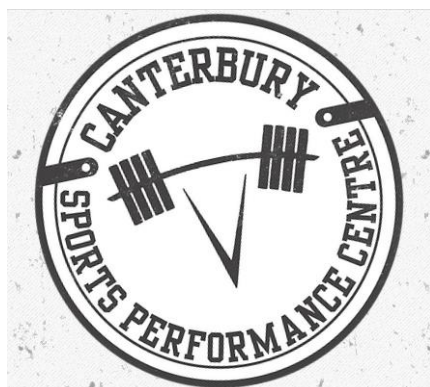


<https://worldpowerlifting.com/>

<https://samtekstrength.com/>



<https://www.sporty.co.nz/worldpowerliftingnz/Home-1>



<https://www.cspc.nz/>

2021 OCEANIA POWERLIFTING CHAMPIONSHIPS ENTRY FORM

*NB: NZ Lifters use international application form on WPNZ website for entry
There will be a \$100 deposit required to apply*

COMPETITION ENTRY FEE (NZ\$)

Oceania Powerlifting Championships	\$160.00
Bench Press Championships	\$140.00
Combined – Oceania Powerlifting & Bench Press Championships	\$180.00
T-Shirts	\$30.00
Doping fee	\$50.00

When nominations have been finalised each nation will receive an invoice

Spectators Entry - Free



LOCATIONS

