

2013 ZKC EMAIL INTERNATIONAL CLUB WEIGHTLIFTING TOURNAMENT

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



Date : July 26-28, 2013

Results: To be emailed not later than July 31st 2013
To owf@bigpond.com or owf@mls.nc

Results published: Results will be emailed to every Club and Country participating by August 7th 2013 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) 1 set 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) 1 set 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
Danny Hawhin	1988	Kiribati	Power	76.3	100	140	240

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

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