2019 ELEIKO EMAIL INTERNATIONAL CLUB WEIGHTLIFTING TOURNAMENT

Sponsored by ELEIKO and organized by the Oceania Weightlifting Federation (OWF)

Date: July 26-29, 2019

Results: To be emailed not later than August 3rd 2019
To owf@bigpond.com or owf@mls.nc

Results published: Results will be emailed to every Club and Country participating by August 10th, 2019 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: 55, 61, 67, 73, 81, 89, 96, 102, 109, +109
Women: 45, 49, 55, 59, 64, 71, 76, 81, 87, +87

Prizes: (Men) 1 set each of 190Kg ELEIKO training weights sponsored by ELEIKO will be awarded to the first Club, second Club, and third Club which scores the most points according to IWF rules (only for the Total).
1st: 28 points, 2nd: 25 points, 3rd: 23 points, 4th: 22 points, 5th: 21 points, and so on...
The freight cost also will be covered by ELEIKO 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 each of 185Kg ELEIKO training weights sponsored by ELEIKO will be awarded to the first Club, second Club, and third Club which scores the most points according to IWF rules (only for the Total).
1st: 28 points, 2nd: 25 points, 3rd: 23 points, 4th: 22 points, 5th: 21 points, and so on...
The freight cost also will be covered by ELEIKO 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 category 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:

<table>
<thead>
<tr>
<th>NAME</th>
<th>D/B</th>
<th>NAT.</th>
<th>CLUB</th>
<th>B/W</th>
<th>SNATCH</th>
<th>JERK</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jim /Superman</td>
<td>1988</td>
<td>Tuvalu</td>
<td>Power</td>
<td>76.3</td>
<td>100</td>
<td>140</td>
<td>240</td>
</tr>
</tbody>
</table>

Competition: The competition must have three referees at Club level.

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