

AUCKLAND NEW ZEALAND



**2023
MASTERS
WORLD
CUP**

In conjunction with the Oceania and Commonwealth Masters Championships

INFORMATION BOOKLET

Key dates

Entries Open – July 2022

Entries Close – 30 November 2022, if not sold out prior.

Verification of Entries – Online up until 3pm NZT 1 March 2023

Technical Meeting – 2 March 2023 6–7pm NZT (also available online via Zoom)

Competition dates – 3–12 March 2023

Opening Ceremony – First day of competition (Evening)

Closing Ceremony & Prize Giving – Final day of competition (Evening)

Eligibility

There is no geographical exclusion for the participation of athletes in the 2023 Masters World Cup.

The competition will not have any qualification period and no minimum best total.

Minimum lift requirement of 26kg men and 21kg women in the snatch and clean and jerk.

The minimum age for participating lifters is for those born in or before 1988.

There is no maximum age limit to compete.



Athletes must hold citizenship of the country of their National Weightlifting Federation.

Athletes must be approved by their National Federation, who may have their own international representation criteria.

Agree to the requirement for accommodation.

Age

A weightlifter can enter the Masters program on the 1st January in the year they become 35 years of age regardless of the fact that the birth date may be as late as the 31st December. The same principle applies when an athlete reaches the next age group.

Age groups (Men)

M35 age 35-39, M40 age 40-44, M45 age 45-49, M50 age 50-54, M55 age 55-59, M60 age 60-64, M65 age 65-69, M70 age 70-74, M75 age 75-79, M80 age 80-84, M85 age 85 and above

Age groups (Women)

W35 age 35-39, W40 age 40-44, W45 age 45-49, W50 age 50-54, W55 age 55-59, W60 age 60-64, W65 age 65-69, W70 age 70-74, W75 age 75-79, W80 age 80-84, W85 age 85 and above

Bodyweight Categories

Men: 55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, 109kg, +109kg

Women: 45kg, 49kg, 55kg, 59kg, 64kg, 71kg, 76kg, 81kg, 87kg, +87kg



Competition Schedule

For all championships a Competition Schedule is produced once registration has closed, it will be published to the event website as soon as possible after close of entries.

This competition is set to run over 10 days.

Lifting sessions will be conducted beginning with the oldest age groups first, and the youngest age groups last. Within each age group, it will begin with the lightest bodyweight category first and the heaviest last. Some bodyweight categories will be grouped together depending on the number of lifters in an age group and bodyweight category.

Draft schedule

Ages 60+ expect to compete between March 3 – 5

Ages 50–60 expect to compete between March 5–8

Ages 40–50 expect to compete between March 7 – 11

Ages 35–40 expect to compete March 11 or 12

Rough guide only.

How to Enter

Entry is required electronically, with all payments to be made via credit card.

Athletes will enter via an online platform called LiftLeader;

- a) You will create an account
- b) You will complete entry and any merchandise purchases
- c) You will be able to re enter your account in order to update details in the lead up to the event



Entry Fees

Entry fee is \$185NZD (Early bird pricing - \$170NZD)

Drug Testing fee is \$50NZD

Entry fee includes

- Free Athlete T-shirt (please check size chart [HERE](#))
- Free opening ceremony ticket
- Free Reusable cup for first 300 entries
- Entry fee includes World Cup Team entry



Athletes will enter into the Masters World Cup. Athletes from the Oceania region will also automatically be entered into the Oceania Masters Championships, and athletes from the Commonwealth region will also automatically be entered into the Commonwealth Masters Championships. These events will run concurrently (athletes lift once; results from a single performance will be considered within all events the athlete is eligible for)

Competition Regulations

The Competition will be held in accordance with the IWF Technical and Competition Rules and Regulations.

https://www.iwfmasters.org/uploads/1/2/9/7/129797858/iwf_masters_rulebook_2021_edition_.pdf

National Federation

Athletes should seek approval from their National Federation **prior to entry**. National Federations may have their own international representation criteria. During the entry process we will require a contact email address for your National Federation to confirm eligibility.

Verification of Entries

Athletes can log into the online entry platform (LiftLeader) and update their body weight division and entry total at any time up until 3pm NZT, 1 March



2023. At that point entries are considered final and no further changes will be accepted – this online process replaces the physical verification of entries.

World Cup Team Competition

Team entry – No extra cost

Team score will be determined by the collation of the top 5 SHMF Scores for male and female teams from the overall results representing the same Nation.

The top 3 teams male and female will be announced during the Closing Ceremony & Prize Giving.

Accreditation

Officials will be provided with accreditations and must wear them at all times when on duty during competition.

Weigh in

Athletes must present a valid passport at weigh in for identification.

Athletes will weigh in and receive:

Start number

2 x wristbands for competition support (coach/ assistant)

Each Athlete may take one coach & one assistant to the warm-up room.

The Athlete and the coach/assistant may stay in the warm-up area only during their session and must be wearing the official wristband.

Field Size

There are no age group or weight class limits, only an overall maximum capacity of 750 Athletes.



Awards

Medal Ceremony

The medal ceremony of each age group and weight class will take place at the end of the session in which it is completed. The Oceania, Commonwealth and World Cup medal ceremonies will take place together.

Gold, Silver and Bronze medals will be awarded to the three highest ranked lifters on total for all body weight categories within each age group for men and women.

National anthems will feature during the medal ceremonies for the podium of the Masters World Cup, and national flags will be computer displayed.

Certificates of participation will be given to all participants.

Prize giving awards

The Best Female and Male Lifter for each Age Group (SHMF Score) (World Cup only)

The Best Female and Male Lifter over all (SHMF Score) (Oceania, Commonwealth, World Cup)

The top 3 National Teams Female and Male (World Cup only)

Venue

Grand Millennium Auckland – Ballroom
71 Mayoral Drive, Corner Vincent Street, Auckland 1010

Sport Equipment

Dual Competition Platforms

Warm up area – 20 platforms

Training Hall – on site training options will be available.



Doping Control

Drug Free Sport New Zealand will be managing the doping control for this event, as a condition of entry all athletes will be required to comply if selected for testing. Each athlete contributes a fee towards the cost of being a tested event, this does not mean all athletes will be tested.

Participants are advised to check the rules of the IWF and ITA, for more details visit Drug Free Sport NZ - <https://drugfreesport.org.nz>

Records

At Continental Masters Championships athletes can set World Masters records and Continental Masters records relative to the country and continent in which an athlete holds a passport, or complies with rules on residency. Refer to the IWF Masters Rule book. The event is sanctioned by the Oceania and Commonwealth Federation's.

Livestream

This event will be livestreamed, so if your friends and family back home can't make it along to watch in person they can keep up with the action as it happens. This will be free to view, links will be provided prior to the event. A live scoreboard will be available on the event website.

Apparel

A range of event apparel will be available to purchase through the entry link. Supporters will be able to purchase apparel through the same link. All purchases must be collected in-person at the event.



Opening function

On the evening of day one of competition an opening event will be held at Grand Millennium Auckland. This will include a traditional New Zealand welcome. The opening function will be free to attend.

Closing function

On the final day of competition a Closing Ceremony & Prize Giving will be held at Grand Millennium Auckland. This will include a buffet dinner. Tickets will be available to purchase through the entry link. Tickets for the closing function will need to be purchased in advance.

Volunteer and Officials

If you have expressed interest to help with the event we have that noted. If not please fill out the interest form on the event website. We will be in touch after the close of entries with volunteer opportunities.

Spectator

Spectator admission to the event is free of charge.
Spectators are only permitted in the designated zones.

Refunds

Entry Refunds will only be considered prior to close of entries. Should your application be accepted a 80% refund will be made. We are unable to offer refunds after close of entries. This includes any instances where an athlete has been identified as ineligible to represent their National Federation. This includes Merchandise Purchases, however you can nominate someone to collect your order during the event, orders will not be sent out. Accommodation (hotel) refund policy is separate.



Accommodation

Weightlifting New Zealand have made the decision to run the event like this so we can offer you a world class event and the best experience possible.

With Athletes from all over the world staying at the same accommodation we hope this will feel like a true celebration of Masters Weightlifting, where you can connect and forge new friendships within our global community.

Requirement for accommodation

International Athletes – 3 night minimum stay.

Per night rate

Superior Room – Single/ Double Occupancy – \$275NZD per night

Superior Room – Triple Occupancy – \$285NZD per night

Club Room & Junior Suites starting from \$375NZD per night

Club/ Suite Benefits include breakfast, late check out, self or valet parking, club lounge access with pre-dinner drinks and canapes, and more! Full details on the hotel website.

To add a rollaway bed to a room (cost \$40NZD per night) add this in the special requests section when booking.

Extra person rate of \$100NZD applies for Club or Junior suites.



To book accommodation

www.millenniumhotels.com/en/auckland/grand-millennium-auckland/

1. On the right hand side of the screen you will see a black BOOK NOW box, click this to open it.
2. Enter your check in/out dates
3. Click the advanced search drop down option
4. Enter Group code **WLIFT23** in the "Use a group code" section

Group Code dates available: 01/03/23 - 13/03/23

5. Click BOOK NOW
6. Select your room and proceed to check out

When completing competition registration, you will be asked to include an accommodation reservation number.

Option 1: Book your accommodation first and add the 8 digit reservation number when you complete your competition entry.

Option 2: Complete your competition entry prior to booking accommodation. Once accommodation is confirmed, sign back into your competition entry account and add your 8 digit hotel reservation number.

This must be added by close of entries.

Your accommodation can be booked prior to the release of the event schedule and should you need to adjust the dates there is no charge.

Transportation

Athletes are responsible for arranging transport from Auckland International Airport to Grand Millennium Auckland, this is approximately 30 minutes drive. Auckland international airport has airport shuttles, sky bus and intercity bus options. Please consider options for ride sharing.



As the accommodation is at the venue no transportation is required.

Event Transport Partner – Quick Shuttle

Book your transfer: www.quickshuttle.co.nz

Booking code: WLIFT23

Near the hotel

Grand Millennium Auckland is located in the city center close to Queen Street and Viaduct Harbour. Some of the city's finest dining, shopping and entertainment venues at your doorstep. Nearby are landmark venues: The Civic, Auckland Town Hall and Aotea Square, the city's largest outdoor civic space where you can relax and often attend local events. Other attractions such as the Sky Tower and Spark Arena are also nearby.

Visas

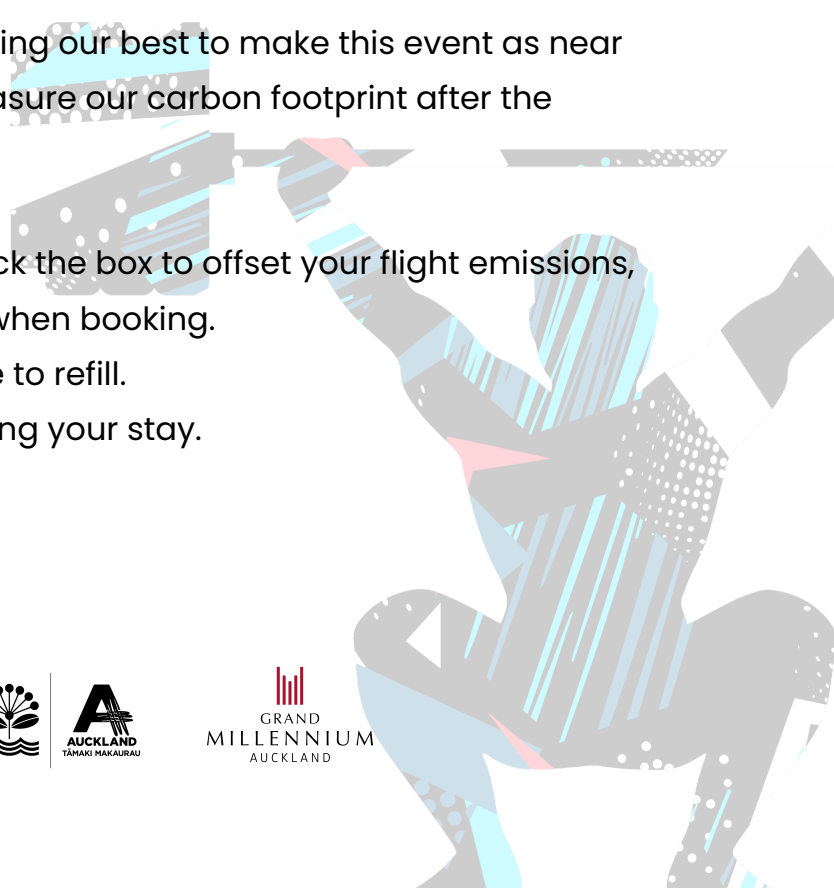
Please visit the following website to check the details from the country you are traveling from <https://www.newzealand.com/nz/visas-and-immigration>

Zero Waste Event

We are proud to inform you we are doing our best to make this event as near to zero waste as possible and will measure our carbon footprint after the event.

Ways you can help:

- When booking flights you can tick the box to offset your flight emissions, most if not all airlines offer this when booking.
- Make sure to bring a drink bottle to refill.
- Bring a reusable cup to use during your stay.



- We ask athletes and supporters to keep the facility clean and tidy and take any rubbish away with them if possible or to dispose of it correctly in the labeled bins provided.

Insurance

We encourage all Athletes taking part in the competition to subscribe to required insurance at their own risk and cost.

Information book. Version 2 - 7 July 2022.

