

WORLD POWERLIFTING NZ

presents the

2024 Oceania Powerlifting Championships

Powerlifting, Equipped Powerlifting,
Bench Press and Deadlift Championships

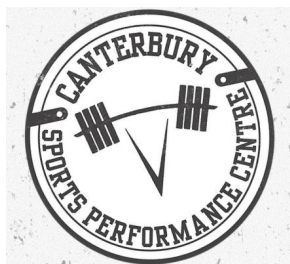


Saturday 7 and Sunday 8 December 2024

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

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

For enquires or questions email Steve Lousich steve.lousich@gmail.com or Marie Softe mas.wpnz@outlook.com



2024 OCEANIA MEET INFORMATION KEY DATES

| | |
|---------------------------------------|--------------------------------|
| Final entries close – NZ only | Friday 8 November 2024 |
| Final entries close – other countries | Friday 15 November 2024 |
| Apparel check, rack height, weigh-in | 2 hours prior to each session |
| Bench Press Championships | Saturday 7 December |
| Deadlift Championships | Sunday 8 December |
| Powerlifting Championships | Saturday 7 & Sunday 8 December |
| Presentation dinner | Sunday 8 December, 7.00pm |

MEET DIRECTORS

Steve Lousich

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VENUES

The competition and meetings will be held at **Canterbury Sports Performance Centre, 120b 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 Championships Entry Qualification

- Member of a World Powerlifting national federation and selected in your national team or individual entries from non-WP Nations.
- 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/apparel check

PROVISIONAL COMPETITION TIMETABLE

| | | |
|---------------------|---------|-----------------------------------------------------------------|
| Friday 6 December | 6.00pm | Technical meeting Confirmation of entries |
| | 7.00pm | Referees briefing |
| | 7.30pm | Oceania Powerlifting Federation Annual General Meeting |
| Saturday 7 December | 9.00am | Session 1 Bench Press – All women and men Women 48 – 64kg |
| | 11.00am | Women 48 – 64kg |
| | 3.00pm | Session 2 Men 62 – 85kg |
| Sunday 8 December | 10.00am | Session 3 Women 72 – 100+kg |
| | 2.00pm | Session 4 Men 94 – 120+kg |

[Timetable subject to change up to technical meeting](#)

[Ensure your attendance for all days of the Championship](#)



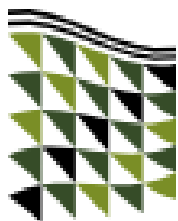
COACHES AND SECURITY

- Maximum of two coaches per lifter nominated by National Federation
- All coaches must be current World Powerlifting members accredited by your national federation attend weigh in for team lifter
- World Powerlifting dress code applies to coaches (tracksuit or sport shorts, a WP approved t-shirt & 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
- NZ Lifters/Coaches/Referees please use the normal application form under WPNZ 'representing NZ'

DRUG TESTING

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



**Sport Integrity
Commission**
Te Kahu Raunui

For further details please visit

<https://sportintegrity.nz/>

<https://worldpowerlifting.com/anti-doping/>

<http://www.wada-ama.org/en/>

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

APPAREL

Event T-Shirts will be available at the venue for **\$35 (NZD)**. NZ Lifters will have option to order when they submit the online entry form. A7 apparel available pre-order info@worldpowerlifting.com or onsite

SCALES

Scales available **from midday Friday 6 December**, Canterbury Sports Performance Centre, 120b Wainoni Road, Wainoni, Christchurch

ACCOMMODATION OPTIONS

Below is a list of some recommended accommodation options in Christchurch. Prices are indicative, please contact your hotel directly for pricing booking. Competition organisers are not responsible for any hotel costs. (Headings (blue) are hyper-linked)

[Garden Hotel](#), 110 Marshlands Road, Shirley, Christchurch

- 5.6km from competition

Standard Kitchen Studio



Ground level newly renovated studios with one Double and one King Single bed.



- From \$194.00 per night

[BreakFree on Cashel](#), Cashel Street, Central City

- 5.5km from competition



- From \$118.00 per night

[Rydges Latimer](#), Latimer Square, Central City

- 4.6km from competition



- From \$355.00 per night

[Ibis Christchurch](#), 107 Hereford Street, City Centre

- 5.8km from competition



- From \$145 per night

SAUNAS

[Jellie Park Recreation and Sports Centre](#), 295 Illam Road

[Heritage Health Club](#), 28 Cathedral Square

(Headings (blue) are hyper-linked)

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 (lifting suit and WP team t-shirt). All lifters are entered in 'Open' Category but are eligible for Age Category medals as well. Best lifter trophies to Youth/Junior, Open and Masters Based on Wilks formula and Wilks² for Masters across ages. There will also be team trophies for Nations.

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.

Presentation is not included in entry, but confirmation of numbers is required for bookings. Please advise by final nomination date banquet numbers

ATTRACTIONS

If you have scheduled time for some rest, recreation and sightseeing, here are some sites you may wish to experience:

[International Antarctic Centre](#)



**Fun and
engaging**



Have visited a couple of times in past 20 years and it's still awesome! Heaps of exhibits - my faves on this trip were the Husky Zone (thanks Husky Rescue NZ!), the mock US Air Force LC130, Scott's hut, the Little Blue Penguins, the film of Antarctica in a Year. This centre is a huge asset for Christchurch. Definitely recommend a visit for adults and kids.

– Jet606781 | Tripadvisor

[Christchurch Gondola](#)

An unmissable Christchurch experience, the Christchurch Gondola offers stunning 360-degree views of the city, Lyttelton Harbour and beyond from the summit station situated atop the Port Hills. See the snow-capped Southern Alps, sprawling Canterbury Plains and the sparkling waters of Pegasus Bay and the Pacific Ocean.



[Christchurch Tram](#)

A must-do family-friendly activity perfect for locals and visitors alike, the Tram is one of the city's best-loved attractions - plus kids go free.



(Headings (blue) are hyper-linked)

[Akaroa](#)



[Hanmer Springs](#)



Click on this image

[Arthurs Pass](#)



[Waipara Wine Trails](#)

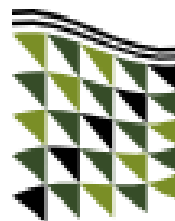
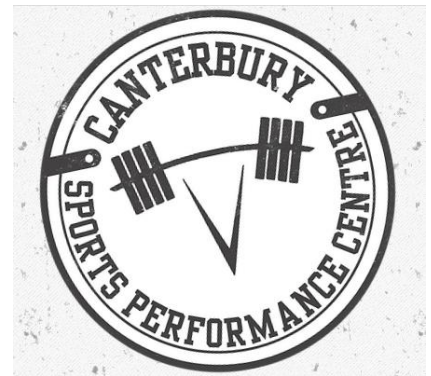


PARTNERS

The 2024 Oceania Powerlifting Championships are proud to partner with:



Samtek



**Sport Integrity
Commission**
Te Kahu Raunui

2024 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\$)

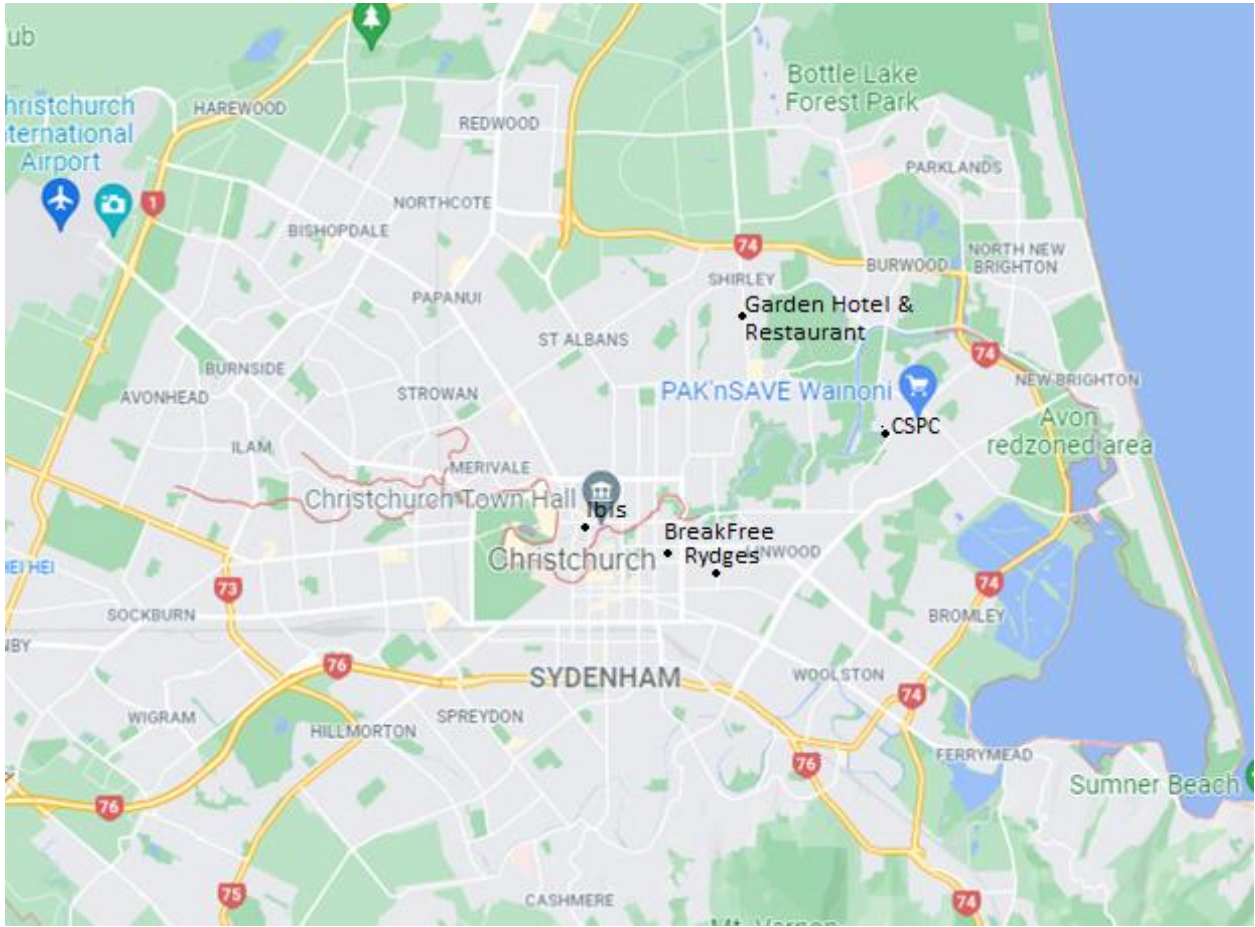
| | |
|-----------------------------------|-----------------|
| Bench Press Championships | \$160.00 |
| Powerlifting Championships | \$200.00 |
| T-shirt | \$35.00 |
| Doping fee | \$50.00 |

When nominations have been finalised each nation will be invoiced for full amount of fees.

Spectators Entry - Free



LOCATIONS



(Click on map to interact)

