



# **2023 Wollongong Para-Powerlifting Classic #2**

**Saturday 4<sup>th</sup> November 2023**

**Venue:**

**National Strength Performance Centre  
239 Pacific Highway, Bulli, NSW, 2516**



With the support from Paralympics Australia (PA), the National Strength Performance Centre (NSPC) is pleased to host a competition in Wollongong on Saturday 4th November 2023.

This event is open to all Para-powerlifting athletes, from novice through to elite, who are eligible to compete in Para-powerlifting competitions (minimum 15 years of age as of 31 December 2023).

World Para Powerlifting (WPPO) sanctioning is pending subject to approval from WPPO, also with the possibility of provisional/national Classification being conducted prior to the competition.

## SCHEDULE OF EVENTS

EVENTS	DATES	VENUES
Arrivals	Friday/Saturday	
Classification*	Friday	NSPC
Competition	Saturday	NSPC
Departures	Saturday/Sunday	

\*Subject to Paralympics Australia confirmation if required.



## The Event

- This event conducted with the assistance and endorsement of PA and NSPC.
- National Level Sanctioning from WPPO is pending, which will enable athletes holding a current International Classification and Athlete License to have their results recognised within WPPO rankings.
- Confirmation of conduct of Classification will be communicated directly with athletes requiring Classification following close of entries.
- Weigh-in will be conducted at 1pm. (Please arrive at the venue at least 15mins prior)
- Light refreshments will be available following weigh-in.
- First competition session is scheduled to commence at 2.45pm. The final competition schedule will be distributed to all athletes following close of entries.
- The event will be conducted under **World Para Powerlifting rules**.

## Qualifying Standards

There are NO minimum qualification standards for this competition. The competition is open to all athletes with an eligible physical impairment, from emerging to elite level (minimum age 15 years by 31 of December 2023). Emerging or new athletes may be required to provide information or evidence of current training and lifting involvement, including video evidence of lifting technique if requested.

We encourage Athletes to hold a membership with their respective state Disability Sports or Powerlifting Organisation, however this is not mandatory to be eligible to compete in this competition.

## Body Weight Divisions

WOMEN	Up to 41 Kg	Up to 45 Kg	Up to 50 Kg	Up to 55 Kg	Up to 61 Kg	Up to 67 Kg	Up to 73 Kg	Up to 79 Kg	Up to 86 Kg	Over 86 Kg
MEN	Up to 49 Kg	Up to 54 Kg	Up to 59 Kg	Up to 65 Kg	Up to 72 Kg	Up to 80 Kg	Up to 88 Kg	Up to 97 Kg	Up to 107 Kg	Over 107 Kg



## International Athletes

The level of Sanctioning for this event only allows for a limited number of international athletes outside of Australia with priority given to Oceania regional athletes.

## Entry

Entries will be accepted online at the following link only:

<https://forms.office.com/r/28mm9wv0N7>

Further information is available via the [Paralympics Australia website](#).

**The deadline for entries is 11:59pm AEST on Saturday 23rd September 2023  
Late Entries will NOT be accepted.**

## Classification

To compete in the event, athletes are required to have a Provisional, National or International Classification with an Eligible Sport Class.

A Classification (face to face) opportunity may be provided prior to the start of the event on Friday 3rd November 2023. Priority will be given to New athletes and athletes with a Provisional Level Classification. Athletes who hold a National/International classification with a Review (R) status, or a Review Fixed Date (RFD) with a review year of 2023 or earlier will be advised by PA upon close of entries if they need to make themselves available for a classification assessment.

## The Venue

The competition will be conducted at:

**National Strength Performance Centre,  
239 Pacific Highway, Bulli, NSW 2516**



## Accommodation

Please note there is limited wheelchair accessible accommodation in Wollongong area, however depending on your needs we suggest booking at either:

- Quest Wollongong – they have 1 accessible room, a Two Bedroom Apartment,
- Mantra Wollongong - they have 2 accessible rooms; both are One Bedroom Apartments, or.
- Novotel North beach Wollongong have three accessible rooms, all are Queen Rooms

## Doping Control

The event will be subject to anti-doping testing. Paralympics Australia's Anti-Doping Policy is the Australian National Anti-Doping Policy, effective from 1 January 2021, and can be found on the [Sport Integrity Australia website](#). All athletes participating are bound by these rules.

Please ensure any [Therapeutic Use Exemptions \(TUE\) documentation](#) are up-to-date and submitted to the relevant authorities.

Further anti-doping education and e-Learning modules are available on the [Sport Integrity Australia website](#).

## COVID Restrictions

Due to COVID-19 restrictions, athletes/supporters/coaches/carers are required to be vaccinated and may be required to show proof of vaccination on entry into the facility. Please advise if you will have a supporter/coach/carer in attendance via the entry form.

## Lifting Uniforms

Athletes who compete under WPPA approved competitions must wear one piece lifting suits as required by WPP rules: <https://www.paralympic.org/powerlifting/rules>

If you wish to purchase a lifting suit, please contact: [peter.brown@paralympic.org.au](mailto:peter.brown@paralympic.org.au). Cost is \$100 per unit, including GST, postage, and handling.

## Volunteers

Volunteers are required to fill various roles for this event. If you have some time to spare on the day to assist or know someone who does, please contact [peter.brown@paralympic.org.au](mailto:peter.brown@paralympic.org.au).



## Result Calculations

Results of the event will be determined using the Co-efficient Formula

## Presentations

An informal presentation ceremony will take place at the venue after the completion of the event. The top three lifters in the men's and women's divisions for BEST Lift and the winner in the TOTAL combine lifts will be awarded with medals (dependant on numbers), with a minus one rule applied.

## Live Stream

To catch all the action, visit National Strength Performance Centre Facebook Page.

## Withdrawals

Competitors wishing to withdraw from the event after entries may do so until **Friday 20th October 2023**. Despite there being no fee to participate, please advise if you have entered but do not intend to compete as this will affect the scheduling of events.

All withdrawals must be received in writing. Withdrawals due to illness or injury must be accompanied by a medical certificate. Withdrawals without providing the above information and requirements may impact of acceptance of entries at future competitions.

## General Enquires:

Please contact Peter Brown +61 417 462 133 or [peter.brown@paralympic.org.au](mailto:peter.brown@paralympic.org.au)