



Email: [hccbarbellclub@gmail.com](mailto:hccbarbellclub@gmail.com)  
Physical Address: 27 Osborne Street  
Waltham, Christchurch 8011

**IMPORTANT NOTICE: PRIORITY WILL BE GIVEN TO HCC BARBELL CLUB ATHLETES anyone else will be wait-listed.**

*Please email Koren Hale at [manu@halecompoundconditioning.com](mailto:manu@halecompoundconditioning.com) before entering as you will be on the waiting list.*

HCC Barbell Club Competition

Date: Sunday 28th April, 2024

Time: Weigh In Session 1 at 6am

Time: Weigh In Session 2 at 8:30am

Location: HCC HQ 27 Osborne Street, Waltham, Christchurch

Entries are limited, all other lifters will be waitlisted.

\*\*\*You must be registered with Weightlifting New Zealand to enter this competition\*\*\*

Entry fee:

\$35 Non-HCC Barbell Club members

\$25 Non-HCC Barbell Club members, youth, and junior athletes

\$25 HCC Barbell Club members

\$15 HCC Barbell Club, members youth and junior athletes

Entry and payment can be completed here:

<https://www.weightlifting.nz/Calendar/event/1042/host/SI>

The closing date for entries , Saturday 20th April, 2024

### Attention Athletes:

Weightlifting New Zealand has made it compulsory for all athletes to be registered as competitive members. We will not be accepting any guest lifters at this event.

### Drug-Free Sport

It is a requirement that all athletes complete Level 1 Taumata Tahi e-learning which is free of cost, at Drug Free Sport New Zealand. This is a requirement for anything above club-level competitions: <https://drugfreesport.org.nz/education/e-learning/>

If you have any queries please contact the WNZ Anti-Doping Officer Neroli King  
email: [neroli@ideafactory.co.nz](mailto:neroli@ideafactory.co.nz)

### Start List

The start list will be released closer to the date via email to athletes.

For all enquires please send a message to Koren Hale email:  
[manu@halecompoundconditioning.com](mailto:manu@halecompoundconditioning.com)