

# **2010 ZKC EMAIL INTERNATIONAL CLUB WEIGHTLIFTING TOURNAMENT**

Sponsored by **ZKC ZHANGKONG BARBELL Company** organized by the Oceania Weightlifting Federation (OWF)



**Date :** June 24-27 , 2010

**Results:** To be emailed not later then June 30<sup>th</sup> 2010  
To [owf@bigpond.com](mailto:owf@bigpond.com) or [owf@mls.nc](mailto:owf@mls.nc)

**Results published:** Results will be emailed to every Club and Country participating by July 7<sup>th</sup>, 2010 and will be published in the Oceania weightlifting website. [www.oceaniaweightlifting.com](http://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:** 56,62,69,77,85,94,105, +105 **Women:** 48,53,58,63,69,75, +75

**Prizes: (Men)** 1 set of 190Kg **ZKC** training weights sponsored by **Zhangkong Barbell** will be awarded to the Club which scores the most points according to IWF rules (only for the Total )  
1<sup>st</sup> - 28 points, 2<sup>nd</sup> - 25points, 3<sup>rd</sup> - 23points, 4<sup>th</sup> - 22points, 5<sup>th</sup> - 21points, and so on...

The freight cost also will be covered also by **ZKC** 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 of 180Kg **ZKC** training weights sponsored by **Zhangkong Barbell** will be awarded to the Club which scores the most points according to IWF rules (only for the Total )  
1<sup>st</sup> - 28 points, 2<sup>nd</sup> - 25points, 3<sup>rd</sup> - 23points, 4<sup>th</sup> - 22points, 5<sup>th</sup> - 21points, and so on....

The freight cost also will be covered also by **ZKC** 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:** 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, in each categories 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:**

<b>NAME</b>	<b>D/B</b>	<b>NAT.</b>	<b>CLUB</b>	<b>B/W</b>	<b>SNATCH</b>	<b>JERK</b>	<b>TOTAL</b>	<b>DATE</b>
Strong Man	1979	Naurui	Hawks	76.3	100	140	240	25.06.2010

**Competition:** The competition must have three referees.

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