

# BPO Competition Technical Checklist

To be completed by Meet Director

The following checklist of venue requirements to be provided by the Meet Director must be completed and returned to BPO 4 weeks prior to Competition.

These requirements are generally regarded as the minimum to be provided. If you experience any difficulty in meeting these requirements, please inform the BPO as soon as possible and before the closing date of the championships is issued. This way, any problems can be solved and participants informed of any outstanding matters, which may affect their entry to the competition.

## Competition Area.

Specifications	To be completed by the organiser. ( Yes/No or comments)
<p>Competition area. The competition area must be of sufficient size to accommodate the anticipated number of spectators and leave sufficient space for the stage upon which will be the platform, referees, loaders, Technical Officer, administration table and lights. If the stage is limited in area, then the Technical Officer and administration table may be located off the stage but in suitable positions. The scoreboard is best situated to the side rather than immediately behind the platform thereby allowing scoreboard personnel to continue working without need to stop when lifts are being performed.</p> <p>Platform equipment must be WPF approved and should include (a - r):</p>	
a) Bar, collars and discs. State the name of manufacturer	a)
<p>b) Discs - 14 x 25 kg , 2 x 20 kg, 2 x 15 kg, 2 x 10 kg, 2 x 5 kg, 2 x 2,5 kg, 2 x 1,25 kg. Note: 50-kg discs may be used instead of some of the 25 kg discs. (However, at least 2 x 25 kg must be provided).</p> <p>Rubber covered discs are permitted provided they conform to the rule requirement.</p> <p>Record discs: 2 x 1 kg, 2 x 0, 5 kg and 2 x 0, 25 kg. These discs should be kept at the MC table throughout the competition.</p>	b) (list the discs)
<p>c) Mono Lift, Squat stands, bench, disc racks and foot blocks for benching. Note: The blocks shall be in the range of 5 cm, 10 cm, 20 cm</p>	c)

and 30 cm.	
d) Podium to accommodate 1 <sup>st</sup> , 2 <sup>nd</sup> . and 3 <sup>rd</sup> . place winners	d)
e) Chalk box with adequate supply of chalk	e)
f) Broom, mop and bucket, scrubbing brush, vacuum cleaner and towel. Note: the scrubbing brush must not be of the steal type damaging the bar's knurling.	f)
g) A 10% Clorex solution or similar for use on bar if any bleeding occurs. This is a necessary precaution to stop the spread of contagious disease of AIDS.	g)
h) 3 seats for the use of the referees	h)
i) Seats at rear of platform for use of loaders.	i)
j) Seats and tables on or off the platform for the announcer, announcer's assistant, scorers, time keeper, computer operator and marshal plus all their equipment.	j)
k) Seats and table on or off the platform for the Technical Officer.	k)
l. A scoreboard, preferably one capable of taking at least 15 names. A double-sided board capable of pivoting is often the most useful and permits personnel to work on the reverse side during the lifting thus speeding up the competition. An overhead projector may replace the scoreboard if the projector has a light brilliance of high quality and projected on a large screen.	l)
m) Steps or mobile tower for use of the scoreboard personnel (when a manual scoreboard will be operated)	m)
n) Table and seats for scoreboard personnel plus an adequate supply of cards, stencils etc. (when a manual scoreboard will be operated)	n)
o) Reliable lighting system in which the lights relate to the relevant position of the three referees	o)
p) Table for display of trophies etc. (not on the platform)	p)
q) An individual lift attempt board showing the actual weight on the bar	q)
r) A clock visible to the lifters, coaches and audience showing the unexpired time in which the lift must be commenced.	r)

### Warm up area.

The warm up area should preferably be at least 30m x 10 m in size. Warm up area equipment should include (a - e):	(state the size)
a) A minimum of two platforms	a)
b) Each platform equipped with a bar and collars plus: 10 x 25 kg, 2 x 20 kg, 2 x 15 kg, 2 x 10 kg, 2 x 5 kg, 2 x 2, 5 kg, 2 x 1, 25 kg discs.	b)
c) Each platform should have squat stands, bench, (preferably similar with those used in the competition platform)chalk box etc.	c)
d) Loudspeaker link with the competition area, TV monitor showing the lifting order, TV monitor showing the score sheet	d)

and TV monitor viewing the lifting platform. (state which of the above facilities will be provided)	
e) Free soft drinks / fresh water if possible	e)

**Weigh in room (lockable).**

Equipment should include (a - c):	
a) Certified digital scales. The scales certificate must be current	a)
b) Table and chairs for referees.	b)
c) The Technical Officer will supply the referees for each bodyweight category with score sheets, order of weigh in sheets, speaker's competition cards and lifter's attempt slips. If possible all these documents should be completed by the Technical Officer by entering the names of all nominated lifters; and should be provided for any additional lifters joining a category by reason of changed bodyweight.	c)

**Changing rooms.**

a) All normal facilities. (State no. of rooms)	a)
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**Officials.**

The Technical Officer is responsible for appointing all officials and in sufficient numbers to ensure the efficient running of the competition. The essential officials are listed in the WPF Rule book (Order of Competition – the organiser will appoint the following officials) Briefly they are ( a - g):	
a) Speaker / Announcer. (It is essential that he has mastery of the English language).	a)
b) Technical Officer (A WPF international referee)	b)
c). Time Keeper. (Preferably a qualified referee)	c)
d) Marshal Expeditors	d)
e) Scorers. (Record the progress of the competition by both computer and manual methods)	e)
f) Spotters / Loaders. (A minimum of two complete and interchangeable teams).	f)

I agree that the venue requirements as listed above can be provided by me at the ..... Championship.

Signature of Meet Director: ..... Date: .....

Address: ..... Tel: .....  
 ..... Fax: .....  
 ..... E-mail: .....

Remarks if any:

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