



# POWERLIFTING

Friday, August 9

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## SPORT TECHNICAL PERSONNEL

Mary Hodge (USA Paralympic powerlifting coach) is the sport technical officer for powerlifting. She will be assisted by Mary Stack, Connie Eisenbraun, and Mike Vorkapich.

## SCHEDULE

### *Thursday, August 8*

Coaches meeting at 9pm at the Kellogg Center Boardroom. Coaches and chefs de mission must attend. Interested athletes are welcome to attend.

### *Friday, August 9*

#### Powerlifting Clinic for Junior B Division:

7:45am - 7:50am .....Check-in for powerlifting clinic at IM West Building

8:00am - 10:00 am .....Clinic

#### Powerlifting Competition for Open and Masters Divisions:

5:00pm .....Check-in for powerlifting competition + kit check + weigh-in

6:30pm - 9:00pm .....Competition

## LOCATION/VENUE

The powerlifting clinic and competition will be conducted at the IM West Building.

## RULES

- IDAF rules (<http://www.2013WorldDwarfGames.org/PDF/Rules.pdf>) will be observed. Swimmers, coaches, and chefs de mission should be familiar with Parts 1 through 3 and Part 10 of the IDAF rule book.
- Spectators are not allowed on the field of play (powerlifting platform and immediately adjacent area).

## EVENTS

An introduction to powerlifting clinic will be offered for the Junior B (12-15) age group. Powerlifting competition will be offered for men and women in the Open (any age) and Masters (35 & older) age groups. Athletes will be assigned to one of the following weight categories following the weigh-in.

Body Weight Categories - Males	Body Weight Categories - Females
Up to 40.00 kg.....up to 40.00 kg	Up to 36.00 kg .... up to 36.00 kg
Up to 44.00 kg.....from 40.01 kg to 44.00 kg	Up to 40.00 kg .... from 36.01 kg to 40.00 kg
Up to 48.00 kg.....from 44.01 kg to 48.00 kg	Up to 44.00 kg .... from 40.01 kg to 44.00 kg
Up to 52.00 kg.....from 48.01 kg to 52 kg	Up to 48.00 kg .... from 44.01 kg to 48.00 kg
Up to 56.00 kg.....from 52.01 kg to 56 kg	Up to 52.00 kg .... from 48.01 kg to 52 kg
Up to 60.00 kg.....from 56.01 kg to 60 kg	Up to 56.00 kg .... from 52.01 kg to 56 kg
Up to 67.50 kg.....from 60.01 kg to 67.50 kg	Up to 60.00 kg .... from 56.01 kg to 60 kg
Up to 75.00 kg.....from 67.51 kg to 75.00 kg	Up to 67.50 kg .... from 60.01 kg to 67.50 kg
Up to 82.50 kg.....from 75.01 kg to 82.50 kg	Up to 75.00 kg .... from 67.51 kg to 75.00 kg
Up to 90.00 kg.....from 82.51 kg to 90.00 kg	Up to 82.50 kg .... from 75.01 kg to 82.50 kg
Up to 100.00 kg...from 90.01 kg to 100.00 kg	Over 82.5 kg ..... from 82.51 kg and over
Over 100.00 kg....from 100.01 kg and over	

## START LISTS AND CHECK-IN

- **Preliminary start lists.** Preliminary start lists showing the athletes entered in powerlifting have been distributed to chefs de mission and will be posted at Athlete Village.
- **Powerlifting check-in desk at Jenison Field House**
  - **Credentials.** Athletes must wear their World Dwarf Games credentials when reporting to check-in, kit check, weigh-in, and also when staging for their events.
  - **Check-in.** Athletes must check-in by the deadlines stated earlier in this document. Athletes who have not checked in by those deadlines will not be permitted to compete.
  - **Staging.** Athletes must report to the head referee at least 5 minutes prior to the scheduled start time for their age/weight category. Athletes will be presented to spectators at that time.
- **Final start lists.** Final start lists for powerlifting, including weight categories for competition, will be posted at Jenison Field House as soon as practical after the check-in deadline and weigh-in.

## RESULTS AND AWARDS

Results will be posted on the 2013 World Dwarf Games web site, posted at Athlete Village, and distributed to chefs de mission in their Athlete Village mailboxes. Awards will be presented at the IM West Building immediately after all athletes in a division have completed their matches. At awards presentations, athletes are expected to wear the uniforms designated by their nations' dwarf sports organizations.