



Competition Management Manual

**Version 3
2013**

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SECTION 1 – PRE EVENT ADMINISTRATION

Entries

National level competitions

Entries close 28 days prior to the event date or as advised by the National Federation

State level competitions

Entries close 15 days prior to the event date

Club level competitions

Entries close 3 – 5 days prior to the event date (recommended)

Grouping Competitors

It is advisable to limit the number of competitors in any one competition session to a maximum of eighteen (18).

It is recommended to allocate male and female competitors to separate groups due to the different barbell required for each gender.

In Championships, all competitors in the same bodyweight category must be grouped together unless there are too many competitors to be accommodated in one group. In this case, splitting the category into an A Group and a B Group is done according to the competitors' entry totals.

Competition Schedule

When devising the competition schedule, the following must be taken into account:

The Weigh-in must commence two (2) hours prior to the start of the competition and last for one (1) hour.

At State and National events, the competitors and officials are presented in the competition area at the start of the competition. After the competitors are presented there is a ten (10) minute countdown to the calling of the first attempt. The Technical Officials are presented during the ten (10) minute countdown. At Club competitions it is not necessary to present the competitors and officials prior to the start of the competition.

There must be a ten (10) minute recess after the snatch segment, before the commencement of the clean & jerk segment. The time allowed for the recess may be extended in special circumstances, e.g. when there are a very small number of competitors and more time is required for them to adequately prepare for the clean & jerk segment.

At Championship events, sufficient time needs to be allocated for victory ceremonies to be completed before the commencement of the presentation of competitors in the next session.

At State and National events, sufficient time between sessions needs to be allocated in order that competition forms, scoring systems, etc, are prepared before the commencement of each session.

The rate of progress of any competition session will depend on a number of factors, including the efficiency of the loaders; the frequency of weight changes made by competitors and/or coaches; and the variance in weight attempted by the competitors. As an approximate guide for competitions that do not include victory ceremonies, an allowance of 10 minutes per competitor will usually accommodate the snatch, a 10 minute recess, the clean & jerk, and provide some extra time to prepare for the next session.

Example: State / National Championship Schedule (15 Competitors)

09:00 – 10:00	Weigh-in
11:00 – 11:03	Presentation of Competitors
11:05 – 11:07	Presentation of Officials
11:13 – 12:10	Snatch
12:10 – 12:20	Recess
12:20 – 13:45	Clean & Jerk
13:50 – 13:55	Victory Ceremony Assembly
13:55 – 14:05	Victory Ceremony

Example: State / National Competition Schedule (10 Competitors)

09:00 – 10:00	Weigh-in
11:00 – 11:02	Presentation of Competitors
11:05 – 11:07	Presentation of Officials
11:12 – 11:50	Snatch
11:50 – 12:00	Recess
12:00 – 12:50	Clean & Jerk
12:50 – 12:55	Victory Ceremony Assembly
12:55 – 13:05	Victory Ceremony

Example: Club Competition Schedule (10 Competitors)

09:00 – 10:00	Weigh-in
11:00 – 11:35	Snatch
11:35 – 11:45	Recess
11:45 – 12:40	Clean & Jerk

Example: Club Competition Schedule (5 Competitors)

09:00 – 10:00	Weigh-in
11:00 – 11:15	Snatch
11:15 – 11:30	Recess (15 minutes)
11:30 – 11:55	Clean & Jerk

SECTION 2 – COMPETITION PERSONNEL**National Events**

Technical Officials

Position	Minimum Qualification	Number Per Session
Jury Member	International Category 2	3 – 5
Centre Referee	National	1
Side Referee	State	2
Technical Controller	National	1 – 2
Timekeeper	State	1

Field of Play Personnel

Position	Number Per Session
Announcer	1
Marshal	2
Scorer	1
Loader	4
Decontamination Attendant	1
Medal Ceremony Assistant	1 - 2

State Events

Technical Officials

Position	Minimum Qualification	Number Per Session
Centre Referee	State	1
Side Referee	Club	2
Technical Controller	State	1
Timekeeper	Club	1

Field of Play Personnel

Position	Number Per Session
Announcer	1
Marshal	2
Scorer	1
Loader	2
Decontamination Attendant **	1

Club Events

Technical Officials

Position	Minimum Qualification	Number Per Session
Centre Referee	Club	1
Side Referee	Club	2
Timekeeper *	Club	1

Field of Play Personnel

Position	Number Per Session
Announcer *	1
Loader	2
Decontamination Attendant **	1

* At Club events, Side Referees may also perform the duties of Announcer or Timekeeper

** At State and Club events, Loaders may also perform the duties of the Decontamination Attendant

Field of Play Position Descriptions

Marshal – Warm Up Area

Duties

Arrange the Attempt Cards and pens on the table prior to the start of competition

Monitor the coaches' use of Attempt Cards during the competition

Apply the technical rules relating to nominating and changing attempts

Relay the nominations and changes indicated on the Attempt Cards immediately to the Announcer's Assistant

Points to remember

- Coaches must sign each nomination and/or change that they make on the attempt card
- Only two changes to the NOMINATED weight are allowed per attempt. The NOMINATED weight is the weight written by the coach on the attempt card. No changes are permitted after the final call (30 seconds)
- A competitor can only lower their nominated attempt if this is acceptable in the correct order of lifting
- Once the barbell is loaded, it can not be changed to a lighter weight unless there has been an error in the announcing
- If a coach does not nominate a weight for an attempt, the announcer will assume the automatic minimum progression
- When a lifter has 1 minute, changes must be made before the final call (30 seconds) – keep an eye on the clock and listen for the 30 second warning signal
- When a lifter has 2 minutes, a weight must be nominated in the first 30 seconds. If no weight is nominated, the lifter must take the automatic minimum progression. If a weight is nominated in the first 30 seconds, the coach can make two changes before the last 30 seconds.
- If the nominated attempt of the current lifter who has been called is changed and the clock is running, immediately say “**stop the clock**”, then relay the new nomination
- Relay changes to nominated attempts in the following manner: Name – Attempt Number – Weight. e.g. say, “**Change of call, John Smith, second attempt, one hundred and fifteen**”
- If a competitor declines an attempt or withdraws from the competition, inform the Announcer's Assistant immediately

Marshal – Announcer’s Assistant**Duties**

Enter the competitors’ bodyweights and first attempts in the computer prior to the start of the session
Receive and confirm weight nominations and changes from the Marshals during the competition
Immediately inform the announcer of weight nominations and changes received from the Marshals
Operate the Competition Management computer

Scorer**Duties**

Enter the competitor’s bodyweights in the computer prior to the start of the session
Enter the weight of the current lifter’s attempt when it is announced by the Announcer
Press the ‘Enter’ key when the attempt is declared ‘good lift’
If the attempt is declared ‘no lift’, change the entry to a negative number and press the ‘Enter’ key
Example:

The Announcers says “Load the bar to one hundred kilograms for the first attempt of John Smith”

→ type 100 in the cell corresponding to John Smith’s first attempt

John Smith performs the attempt and the Announcer says “Good lift”

→ Press the ‘Enter’ key

Or, if the Announcer says ‘No lift’

→ Delete 100 and type -100 then press ‘Enter’

Note: after pressing the ‘Enter’ key, negative numbers will display in red

Loader**Duties**

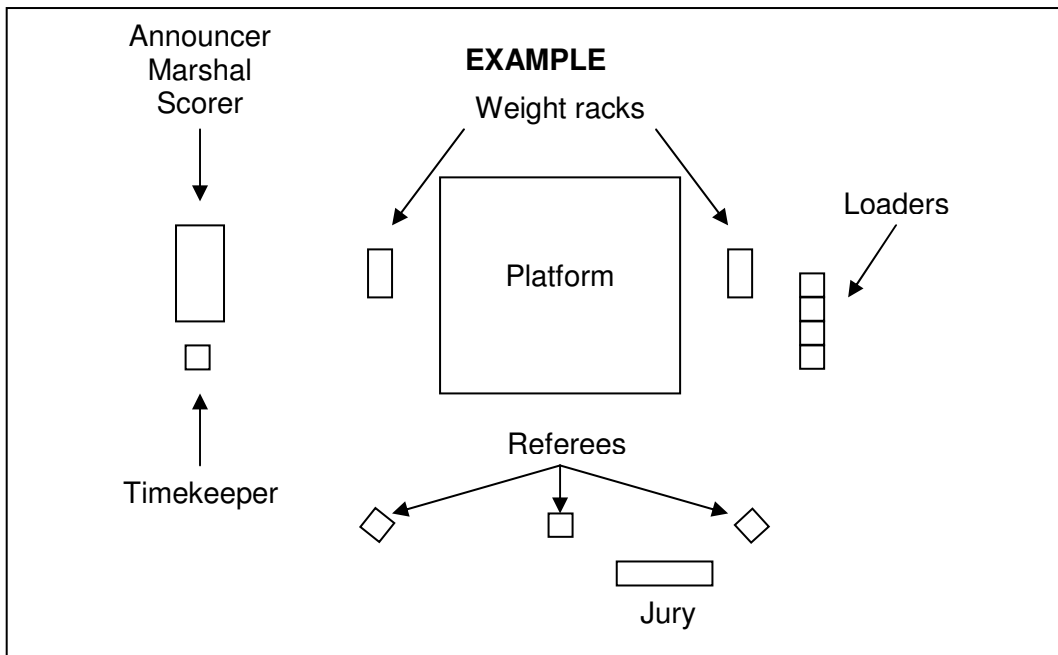
Load the barbell in accordance with IWF rules and as directed by the Announcer during the competition
Clean the barbell and competition platform as directed by the Technical Controller during the competition
Prepare the dais for medal ceremonies at the conclusion of the session
Remove the dais from the platform at the conclusion of the medal ceremony
Unload the barbell and return all discs to the weight racks
Clean the barbell and competition platform after the conclusion of the medal ceremony

Decontamination Attendant**Duties**

Safely remove blood and other contaminants from the barbell and competition platform as required
Ensure the safe disposal of contaminated materials in accordance with the applicable policy
Clean the competition barbell with antiseptic at the conclusion of each session

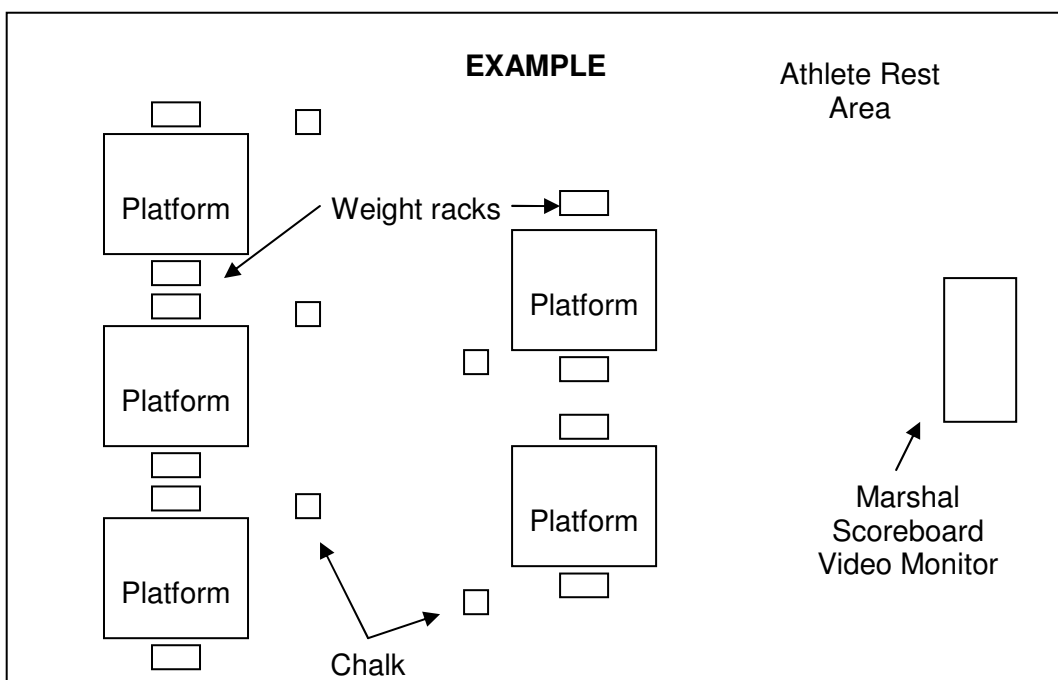
SECTION 3 – COMPETITION LAYOUT

Competition Area



- The Centre referee is located four metres (4m) from the front edge of the competition platform
- The Side Referees are in line with the Centre Referee, facing the centre of the competition platform
- The Jury is located between the Centre Referee and one of the Side Referees and set slightly behind the 'Referee's line'
- The Announcer's desk is positioned in order to allow a clear view of the platform
- The Timekeeper is positioned in order to allow a clear view of the platform and the timing clock display
- The Loaders are positioned near the platform but they must not obstruct the view of the Technical Officials or the audience

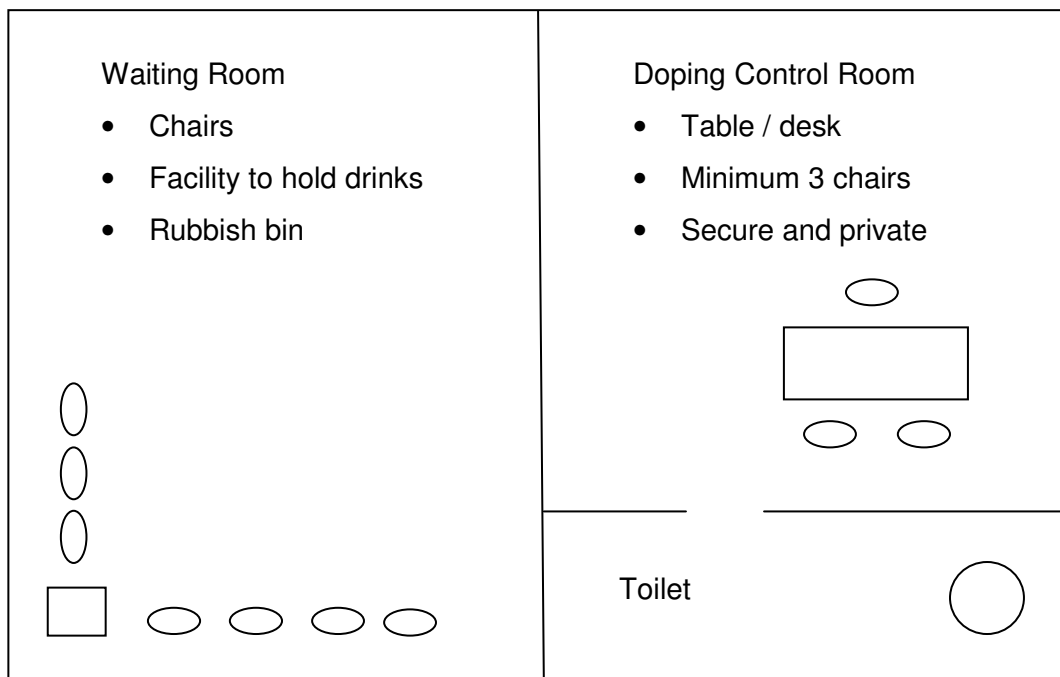
Warm Up Area



Doping Control Facility

The ideal doping control facility should:

- a) have a waiting area
- b) have a drug testing room
- c) have a toilet facility which allows a chaperone to directly observe an athlete providing a urine sample
- d) be solely reserved for drug testing
- e) only enable authorized personnel to access it
- f) be secure enough to store drug testing equipment
- g) be private enough to maintain athlete privacy and confidentiality



SECTION 4 – COMPETITION EQUIPMENT

The table below indicates the minimum requirements for each level of competition.

Area / Item	National	State	Club
Weigh-In			
Table & chairs	✓	✓	✓
Pens	✓	✓	✓
Weighing Scales	✓	✓	✓
Scoresheets	✓	✓	✓
Weigh In Forms	✓	✓	
Competitor Attempt Cards	✓		
Sauna	✓		
Check Weight Scales	✓		
Competition Area			
Platform	4m x 4m	4m x 4m	4m x 4m
Barbell set	IWF cert.	IWF cert.	AWF cert
Referee Flags	✓	✓	✓
Time Clock	✓	✓	✓
Chalk	✓	✓	✓
Referee Light System	✓	✓	
Scoreboard	✓	✓	
Public Address System	✓	✓	
Competition Management computer	✓	✓	
Electronic Attempt Board	✓		
Jury Monitoring System	✓		
Communication link – Jury to Announcer	✓		
Warm Up Area			
Platforms	2.4m x 2.4m	2.4m x 2.4m	2.4m x 2.4m
Barbell sets	AWF cert	AWF cert	AWF cert
Chairs	✓	✓	✓
Chalk	✓	✓	✓
Marshal's Table	✓	✓	
Loudspeaker	✓	✓	
Scoreboard	✓	✓	
Communication link – Marshal to Marshal	✓	✓	
Time Clock Display	✓	✓	
Video monitor	✓		
Doping Control *			
Private toilet facilities	✓	✓	✓
Table & chairs	✓	✓	✓
Sealed drinks, e.g. bottled water	✓	✓	✓
Waste bin	✓	✓	✓

* All weightlifting competitions are subject to Doping Control, with or without advance notice. Competition organisers must plan to provide Doping Control facilities whether or not they have received advance notice from an Anti-Doping Authority.

SECTION 5 – SAMPLE COMPETITION FORMS**Entry Form**

First Name: _____ Surname: _____

Address: _____

_____ Postcode: _____

Date of Birth: (dd/mm/yy) _____ Sex: (circle) Male Female

Telephone: (home) _____ (mobile) _____

Email: _____

Coach: _____ Entry Total: _____

Age Group/s (tick) Open Junior Youth Under 15**Bodyweight category entered (circle)**

Senior / Junior	Male	56	62	69	77	85	94	105	105+
Senior / Junior	Female	48	53	58	63	69	75	75+	

Youth / U15	Male	50	56	62	69	77	85	94	94+
Youth / U15	Female	44	48	53	58	63	69	69+	

Entry Closing Date:**Return entry form to:**

Schedule Of Technical Officials

Session #	Weigh – In Time	Start Time	Centre Referee	Side Referee	Side Referee	Time Keeper	Technical Controllers	Jury

Schedule Of Field Of Play Personnel

Session #	Start Time	Announcer	Marshal 1	Marshal 2	Scoreboard	Loader 1	Loader 2	Loader 3	Loader 4

Weigh In Form

Category _____ kg

Lot	Name	Club	Body Weight	1 st Snatch	1 st C & J

Referee Name _____	Category _____	Signature _____
Referee Name _____	Category _____	Signature _____
Referee Name _____	Category _____	Signature _____

Attempt Card

Start no.	Name:			
	Club:		Birth date: / /	
Lot no.	Category:	Body weight:	Signature:	Entry total:
Snatch				
1st Attempt		2nd Attempt		3rd Attempt
Declared Weight at Weigh-in:		Automatic Increment:		Automatic Increment:
		Declared Weight:		Declared Weight:
		Sign:		Sign:
1st Change		1st Change		1st Change
Sign:		Sign:		Sign:
		2nd Change		2nd Change
Sign:		Sign:		Sign:

Start no.	Name:			
	Club:		Birth date: / /	
Lot no.	Category:	Body weight:	Signature:	Entry total:
Clean & Jerk				
1st Attempt		2nd Attempt		3rd Attempt
Declared Weight at Weigh-in:		Automatic Increment:		Automatic Increment:
		Declared Weight:		Declared Weight:
		Sign:		Sign:
1st Change		1st Change		1st Change
Sign:		Sign:		Sign:
		2nd Change		2nd Change
Sign:		Sign:		Sign:

Score Sheet

Lot	Name	D.O.B	Club	B/wt.	Snatch			Clean & Jerk			Best Snatch	Best C&J	Total	Place
					1	2	3	1	2	3				

Name

Category

Signature

Name

Category

Signature

Name

Category

Signature

Record Claim

NAME OF LIFTER: _____

DATE OF BIRTH OF LIFTER: _____

STATE (circle): ACT NSW NT QLD SA TAS VIC WA

DATE OF PERFORMANCE: _____ TIME: _____ AM PM (circle)

WHERE (city): _____

BODYWEIGHT: _____ KG WEIGHT CLASS (eg. 69kg): _____

DETAILS OF RECORDS CLAIMED (one per line)

LIFT (eg. snatch) EXACT WEIGHT TYPE OF RECORD (eg. Australian Youth; Oceania Junior)

LIFT (eg. snatch)	EXACT WEIGHT	TYPE OF RECORD (eg. Australian Youth; Oceania Junior)

REFEREES:

NAME (print)	SIGNATURE	CATEGORY (eg. National)

RETURN TO: AWF RECORD KEEPER
 PO BOX 1056 CAPALABA QLD 4157
 FAX: 07 3823 1371

RETURN WITHIN SEVEN DAYS OF THE DATE OF ACHIEVEMENT OF THE RECORD

Note:
Minimum requirement for verification of National Records: 2 x National Referees + 1 x State Referee

Loading Charts

MENS LOADING CHART

20	BAR				
21	BAR	0.5			
22	BAR	1			
23	BAR	1.5			
24	BAR	2			
25	BAR	COLLAR			
26	BAR	COLLAR	0.5		
27	BAR	COLLAR	1		
28	BAR	COLLAR	1.5		
29	BAR	COLLAR	2		
30	BAR	COLLAR	2.5		
31	BAR	COLLAR	2.5	0.5	
32	BAR	COLLAR	2.5	1	
33	BAR	COLLAR	2.5	1.5	
34	BAR	COLLAR	2.5	2	
35	BAR	COLLAR	5		
36	BAR	COLLAR	5	0.5	
37	BAR	COLLAR	5	1	
38	BAR	COLLAR	5	1.5	
39	BAR	COLLAR	5	2	
40	BAR	COLLAR	5	2.5	
41	BAR	COLLAR	5	2.5	0.5
42	BAR	COLLAR	5	2.5	1
43	BAR	COLLAR	5	2.5	1.5
44	BAR	COLLAR	5	2.5	2
45	BAR	COLLAR	10		
46	BAR	COLLAR	10	0.5	
47	BAR	COLLAR	10	1	
48	BAR	COLLAR	10	1.5	
49	BAR	COLLAR	10	2	
50	BAR	COLLAR	10	2.5	
51	BAR	COLLAR	10	2.5	0.5
52	BAR	COLLAR	10	2.5	1
53	BAR	COLLAR	10	2.5	1.5
54	BAR	COLLAR	10	2.5	2
55	BAR	COLLAR	15		
56	BAR	COLLAR	15	0.5	
57	BAR	COLLAR	15	1	
58	BAR	COLLAR	15	1.5	
59	BAR	COLLAR	15	2	
60	BAR	COLLAR	15	2.5	
61	BAR	COLLAR	15	2.5	0.5
62	BAR	COLLAR	15	2.5	1
63	BAR	COLLAR	15	2.5	1.5
64	BAR	COLLAR	15	2.5	2
65	BAR	COLLAR	20		
66	BAR	COLLAR	20	0.5	
67	BAR	COLLAR	20	1	
68	BAR	COLLAR	20	1.5	
69	BAR	COLLAR	20	2	

70	BAR	COLLAR	20	2.5		
71	BAR	COLLAR	20	2.5	0.5	
72	BAR	COLLAR	20	2.5	1	
73	BAR	COLLAR	20	2.5	1.5	
74	BAR	COLLAR	20	2.5	2	
75	BAR	COLLAR	25			
76	BAR	COLLAR	25	0.5		
77	BAR	COLLAR	25	1		
78	BAR	COLLAR	25	1.5		
79	BAR	COLLAR	25	2		
80	BAR	COLLAR	25	2.5		
81	BAR	COLLAR	25	2.5	0.5	
82	BAR	COLLAR	25	2.5	1	
83	BAR	COLLAR	25	2.5	1.5	
84	BAR	COLLAR	25	2.5	2	
85	BAR	COLLAR	25	5		
86	BAR	COLLAR	25	5	0.5	
87	BAR	COLLAR	25	5	1	
88	BAR	COLLAR	25	5	1.5	
89	BAR	COLLAR	25	5	2	
90	BAR	COLLAR	25	5	2.5	
91	BAR	COLLAR	25	5	2.5	0.5
92	BAR	COLLAR	25	5	2.5	1
93	BAR	COLLAR	25	5	2.5	1.5
94	BAR	COLLAR	25	5	2.5	2
95	BAR	COLLAR	25	10		
96	BAR	COLLAR	25	10	0.5	
97	BAR	COLLAR	25	10	1	
98	BAR	COLLAR	25	10	1.5	
99	BAR	COLLAR	25	10	2	
100	BAR	COLLAR	25	10	2.5	
101	BAR	COLLAR	25	10	2.5	0.5
102	BAR	COLLAR	25	10	2.5	1
103	BAR	COLLAR	25	10	2.5	1.5
104	BAR	COLLAR	25	10	2.5	2
105	BAR	COLLAR	25	15		
106	BAR	COLLAR	25	15	0.5	
107	BAR	COLLAR	25	15	1	
108	BAR	COLLAR	25	15	1.5	
109	BAR	COLLAR	25	15	2	
110	BAR	COLLAR	25	15	2.5	
111	BAR	COLLAR	25	15	2.5	0.5
112	BAR	COLLAR	25	15	2.5	1
113	BAR	COLLAR	25	15	2.5	1.5
114	BAR	COLLAR	25	15	2.5	2
115	BAR	COLLAR	25	20		
116	BAR	COLLAR	25	20	0.5	
117	BAR	COLLAR	25	20	1	
118	BAR	COLLAR	25	20	1.5	
119	BAR	COLLAR	25	20	2	
120	BAR	COLLAR	25	20	2.5	
121	BAR	COLLAR	25	20	2.5	0.5
122	BAR	COLLAR	25	20	2.5	1
123	BAR	COLLAR	25	20	2.5	1.5
124	BAR	COLLAR	25	20	2.5	2

125	BAR	COLLAR	25	25				
126	BAR	COLLAR	25	25	0.5			
127	BAR	COLLAR	25	25	1			
128	BAR	COLLAR	25	25	1.5			
129	BAR	COLLAR	25	25	2			
130	BAR	COLLAR	25	25	2.5			
131	BAR	COLLAR	25	25	2.5	0.5		
132	BAR	COLLAR	25	25	2.5	1		
133	BAR	COLLAR	25	25	2.5	1.5		
134	BAR	COLLAR	25	25	2.5	2		
135	BAR	COLLAR	25	25	5			
136	BAR	COLLAR	25	25	5	0.5		
137	BAR	COLLAR	25	25	5	1		
138	BAR	COLLAR	25	25	5	1.5		
139	BAR	COLLAR	25	25	5	2		
140	BAR	COLLAR	25	25	5	2.5		
141	BAR	COLLAR	25	25	5	2.5	0.5	
142	BAR	COLLAR	25	25	5	2.5	1	
143	BAR	COLLAR	25	25	5	2.5	1.5	
144	BAR	COLLAR	25	25	5	2.5	2	
145	BAR	COLLAR	25	25	10			
146	BAR	COLLAR	25	25	10	0.5		
147	BAR	COLLAR	25	25	10	1		
148	BAR	COLLAR	25	25	10	1.5		
149	BAR	COLLAR	25	25	10	2		
150	BAR	COLLAR	25	25	10	2.5		
151	BAR	COLLAR	25	25	10	2.5	0.5	
152	BAR	COLLAR	25	25	10	2.5	1	
153	BAR	COLLAR	25	25	10	2.5	1.5	
154	BAR	COLLAR	25	25	10	2.5	2	
155	BAR	COLLAR	25	25	15			
156	BAR	COLLAR	25	25	15	0.5		
157	BAR	COLLAR	25	25	15	1		
158	BAR	COLLAR	25	25	15	1.5		
159	BAR	COLLAR	25	25	15	2		
160	BAR	COLLAR	25	25	15	2.5		
161	BAR	COLLAR	25	25	15	2.5	0.5	
162	BAR	COLLAR	25	25	15	2.5	1	
163	BAR	COLLAR	25	25	15	2.5	1.5	
164	BAR	COLLAR	25	25	15	2.5	2	
165	BAR	COLLAR	25	25	20			
166	BAR	COLLAR	25	25	20	0.5		
167	BAR	COLLAR	25	25	20	1		
168	BAR	COLLAR	25	25	20	1.5		
169	BAR	COLLAR	25	25	20	2		
170	BAR	COLLAR	25	25	20	2.5		
171	BAR	COLLAR	25	25	20	2.5	0.5	
172	BAR	COLLAR	25	25	20	2.5	1	
173	BAR	COLLAR	25	25	20	2.5	1.5	
174	BAR	COLLAR	25	25	20	2.5	2	
175	BAR	COLLAR	25	25	25			
176	BAR	COLLAR	25	25	25	0.5		
177	BAR	COLLAR	25	25	25	1		
178	BAR	COLLAR	25	25	25	1.5		
179	BAR	COLLAR	25	25	25	2		

180	BAR	COLLAR	25	25	25	2.5		
181	BAR	COLLAR	25	25	25	2.5	0.5	
182	BAR	COLLAR	25	25	25	2.5	1	
183	BAR	COLLAR	25	25	25	2.5	1.5	
184	BAR	COLLAR	25	25	25	2.5	2	
185	BAR	COLLAR	25	25	25	5		
186	BAR	COLLAR	25	25	25	5	0.5	
187	BAR	COLLAR	25	25	25	5	1	
188	BAR	COLLAR	25	25	25	5	1.5	
189	BAR	COLLAR	25	25	25	5	2	
190	BAR	COLLAR	25	25	25	5	2.5	
191	BAR	COLLAR	25	25	25	5	2.5	0.5
192	BAR	COLLAR	25	25	25	5	2.5	1
193	BAR	COLLAR	25	25	25	5	2.5	1.5
194	BAR	COLLAR	25	25	25	5	2.5	2
195	BAR	COLLAR	25	25	25	10		
196	BAR	COLLAR	25	25	25	10	0.5	
197	BAR	COLLAR	25	25	25	10	1	
198	BAR	COLLAR	25	25	25	10	1.5	
199	BAR	COLLAR	25	25	25	10	2	
200	BAR	COLLAR	25	25	25	10	2.5	
201	BAR	COLLAR	25	25	25	10	2.5	0.5
202	BAR	COLLAR	25	25	25	10	2.5	1
203	BAR	COLLAR	25	25	25	10	2.5	1.5
204	BAR	COLLAR	25	25	25	10	2.5	2
205	BAR	COLLAR	25	25	25	15		
206	BAR	COLLAR	25	25	25	15	0.5	
207	BAR	COLLAR	25	25	25	15	1	
208	BAR	COLLAR	25	25	25	15	1.5	
209	BAR	COLLAR	25	25	25	15	2	
210	BAR	COLLAR	25	25	25	15	2.5	
211	BAR	COLLAR	25	25	25	15	2.5	0.5
212	BAR	COLLAR	25	25	25	15	2.5	1
213	BAR	COLLAR	25	25	25	15	2.5	1.5
214	BAR	COLLAR	25	25	25	15	2.5	2
215	BAR	COLLAR	25	25	25	20		
216	BAR	COLLAR	25	25	25	20	0.5	
217	BAR	COLLAR	25	25	25	20	1	
218	BAR	COLLAR	25	25	25	20	1.5	
219	BAR	COLLAR	25	25	25	20	2	
220	BAR	COLLAR	25	25	25	20	2.5	
221	BAR	COLLAR	25	25	25	20	2.5	0.5
222	BAR	COLLAR	25	25	25	20	2.5	1
223	BAR	COLLAR	25	25	25	20	2.5	1.5
224	BAR	COLLAR	25	25	25	20	2.5	2
225	BAR	COLLAR	25	25	25	25		
226	BAR	COLLAR	25	25	25	25	0.5	
227	BAR	COLLAR	25	25	25	25	1	
228	BAR	COLLAR	25	25	25	25	1.5	
229	BAR	COLLAR	25	25	25	25	2	
230	BAR	COLLAR	25	25	25	25	2.5	
231	BAR	COLLAR	25	25	25	25	2.5	0.5
232	BAR	COLLAR	25	25	25	25	2.5	1
233	BAR	COLLAR	25	25	25	25	2.5	1.5
234	BAR	COLLAR	25	25	25	25	2.5	2

235	BAR	COLLAR	25	25	25	25	5		
236	BAR	COLLAR	25	25	25	25	5	0.5	
237	BAR	COLLAR	25	25	25	25	5	1	
238	BAR	COLLAR	25	25	25	25	5	1.5	
239	BAR	COLLAR	25	25	25	25	5	2	
240	BAR	COLLAR	25	25	25	25	5	2.5	
241	BAR	COLLAR	25	25	25	25	5	2.5	0.5
242	BAR	COLLAR	25	25	25	25	5	2.5	1
243	BAR	COLLAR	25	25	25	25	5	2.5	1.5
244	BAR	COLLAR	25	25	25	25	5	2.5	2
245	BAR	COLLAR	25	25	25	25	10		
246	BAR	COLLAR	25	25	25	25	10	0.5	
247	BAR	COLLAR	25	25	25	25	10	1	
248	BAR	COLLAR	25	25	25	25	10	1.5	
249	BAR	COLLAR	25	25	25	25	10	2	
250	BAR	COLLAR	25	25	25	25	10	2.5	
251	BAR	COLLAR	25	25	25	25	10	2.5	0.5
252	BAR	COLLAR	25	25	25	25	10	2.5	1
253	BAR	COLLAR	25	25	25	25	10	2.5	1.5
254	BAR	COLLAR	25	25	25	25	10	2.5	2
255	BAR	COLLAR	25	25	25	25	15		
256	BAR	COLLAR	25	25	25	25	15	0.5	
257	BAR	COLLAR	25	25	25	25	15	1	
258	BAR	COLLAR	25	25	25	25	15	1.5	
259	BAR	COLLAR	25	25	25	25	15	2	
260	BAR	COLLAR	25	25	25	25	15	2.5	
261	BAR	COLLAR	25	25	25	25	15	2.5	0.5
262	BAR	COLLAR	25	25	25	25	15	2.5	1
263	BAR	COLLAR	25	25	25	25	15	2.5	1.5
264	BAR	COLLAR	25	25	25	25	15	2.5	2
265	BAR	COLLAR	25	25	25	25	20		
266	BAR	COLLAR	25	25	25	25	20	0.5	
267	BAR	COLLAR	25	25	25	25	20	1	
268	BAR	COLLAR	25	25	25	25	20	1.5	
269	BAR	COLLAR	25	25	25	25	20	2	
270	BAR	COLLAR	25	25	25	25	20	2.5	
271	BAR	COLLAR	25	25	25	25	20	2.5	0.5
272	BAR	COLLAR	25	25	25	25	20	2.5	1
273	BAR	COLLAR	25	25	25	25	20	2.5	1.5
274	BAR	COLLAR	25	25	25	25	20	2.5	2
275	BAR	COLLAR	25	25	25	25	25		

WOMENS LOADING CHART

15	BAR				
16	BAR	0.5			
17	BAR	1			
18	BAR	1.5			
19	BAR	2			
20	BAR	COLLAR			
21	BAR	COLLAR	0.5		
22	BAR	COLLAR	1		
23	BAR	COLLAR	1.5		
24	BAR	COLLAR	2		
25	BAR	COLLAR	2.5		
26	BAR	COLLAR	2.5	0.5	
27	BAR	COLLAR	2.5	1	
28	BAR	COLLAR	2.5	1.5	
29	BAR	COLLAR	2.5	2	
30	BAR	COLLAR	5		
31	BAR	COLLAR	5	0.5	
32	BAR	COLLAR	5	1	
33	BAR	COLLAR	5	1.5	
34	BAR	COLLAR	5	2	
35	BAR	COLLAR	5	2.5	
36	BAR	COLLAR	5	2.5	0.5
37	BAR	COLLAR	5	2.5	1
38	BAR	COLLAR	5	2.5	1.5
39	BAR	COLLAR	5	2.5	2
40	BAR	COLLAR	10		
41	BAR	COLLAR	10	0.5	
42	BAR	COLLAR	10	1	
43	BAR	COLLAR	10	1.5	
44	BAR	COLLAR	10	2	
45	BAR	COLLAR	10	2.5	
46	BAR	COLLAR	10	2.5	0.5
47	BAR	COLLAR	10	2.5	1
48	BAR	COLLAR	10	2.5	1.5
49	BAR	COLLAR	10	2.5	2
50	BAR	COLLAR	15		
51	BAR	COLLAR	15	0.5	
52	BAR	COLLAR	15	1	
53	BAR	COLLAR	15	1.5	
54	BAR	COLLAR	15	2	
55	BAR	COLLAR	15	2.5	
56	BAR	COLLAR	15	2.5	0.5
57	BAR	COLLAR	15	2.5	1
58	BAR	COLLAR	15	2.5	1.5
59	BAR	COLLAR	15	2.5	2
60	BAR	COLLAR	20		
61	BAR	COLLAR	20	0.5	
62	BAR	COLLAR	20	1	
63	BAR	COLLAR	20	1.5	
64	BAR	COLLAR	20	2	

65	BAR	COLLAR	20	2.5		
66	BAR	COLLAR	20	2.5	0.5	
67	BAR	COLLAR	20	2.5	1	
68	BAR	COLLAR	20	2.5	1.5	
69	BAR	COLLAR	20	2.5	2	
70	BAR	COLLAR	25			
71	BAR	COLLAR	25	0.5		
72	BAR	COLLAR	25	1		
73	BAR	COLLAR	25	1.5		
74	BAR	COLLAR	25	2		
75	BAR	COLLAR	25	2.5		
76	BAR	COLLAR	25	2.5	0.5	
77	BAR	COLLAR	25	2.5	1	
78	BAR	COLLAR	25	2.5	1.5	
79	BAR	COLLAR	25	2.5	2	
80	BAR	COLLAR	25	5		
81	BAR	COLLAR	25	5	0.5	
82	BAR	COLLAR	25	5	1	
83	BAR	COLLAR	25	5	1.5	
84	BAR	COLLAR	25	5	2	
85	BAR	COLLAR	25	5	2.5	
86	BAR	COLLAR	25	5	2.5	0.5
87	BAR	COLLAR	25	5	2.5	1
88	BAR	COLLAR	25	5	2.5	1.5
89	BAR	COLLAR	25	5	2.5	2
90	BAR	COLLAR	25	10		
91	BAR	COLLAR	25	10	0.5	
92	BAR	COLLAR	25	10	1	
93	BAR	COLLAR	25	10	1.5	
94	BAR	COLLAR	25	10	2	
95	BAR	COLLAR	25	10	2.5	
96	BAR	COLLAR	25	10	2.5	0.5
97	BAR	COLLAR	25	10	2.5	1
98	BAR	COLLAR	25	10	2.5	1.5
99	BAR	COLLAR	25	10	2.5	2
100	BAR	COLLAR	25	15		
101	BAR	COLLAR	25	15	0.5	
102	BAR	COLLAR	25	15	1	
103	BAR	COLLAR	25	15	1.5	
104	BAR	COLLAR	25	15	2	
105	BAR	COLLAR	25	15	2.5	
106	BAR	COLLAR	25	15	2.5	0.5
107	BAR	COLLAR	25	15	2.5	1
108	BAR	COLLAR	25	15	2.5	1.5
109	BAR	COLLAR	25	15	2.5	2
110	BAR	COLLAR	25	20		
111	BAR	COLLAR	25	20	0.5	
112	BAR	COLLAR	25	20	1	
113	BAR	COLLAR	25	20	1.5	
114	BAR	COLLAR	25	20	2	
115	BAR	COLLAR	25	20	2.5	
116	BAR	COLLAR	25	20	2.5	0.5
117	BAR	COLLAR	25	20	2.5	1
118	BAR	COLLAR	25	20	2.5	1.5
119	BAR	COLLAR	25	20	2.5	2

120	BAR	COLLAR	25	25			
121	BAR	COLLAR	25	25	0.5		
122	BAR	COLLAR	25	25	1		
123	BAR	COLLAR	25	25	1.5		
124	BAR	COLLAR	25	25	2		
125	BAR	COLLAR	25	25	2.5		
126	BAR	COLLAR	25	25	2.5	0.5	
127	BAR	COLLAR	25	25	2.5	1	
128	BAR	COLLAR	25	25	2.5	1.5	
129	BAR	COLLAR	25	25	2.5	2	
130	BAR	COLLAR	25	25	5		
131	BAR	COLLAR	25	25	5	0.5	
132	BAR	COLLAR	25	25	5	1	
133	BAR	COLLAR	25	25	5	1.5	
134	BAR	COLLAR	25	25	5	2	
135	BAR	COLLAR	25	25	5	2.5	
136	BAR	COLLAR	25	25	5	2.5	0.5
137	BAR	COLLAR	25	25	5	2.5	1
138	BAR	COLLAR	25	25	5	2.5	1.5
139	BAR	COLLAR	25	25	5	2.5	2
140	BAR	COLLAR	25	25	10		
141	BAR	COLLAR	25	25	10	0.5	
142	BAR	COLLAR	25	25	10	1	
143	BAR	COLLAR	25	25	10	1.5	
144	BAR	COLLAR	25	25	10	2	
145	BAR	COLLAR	25	25	10	2.5	
146	BAR	COLLAR	25	25	10	2.5	0.5
147	BAR	COLLAR	25	25	10	2.5	1
148	BAR	COLLAR	25	25	10	2.5	1.5
149	BAR	COLLAR	25	25	10	2.5	2
150	BAR	COLLAR	25	25	15		
151	BAR	COLLAR	25	25	15	0.5	
152	BAR	COLLAR	25	25	15	1	
153	BAR	COLLAR	25	25	15	1.5	
154	BAR	COLLAR	25	25	15	2	
155	BAR	COLLAR	25	25	15	2.5	
156	BAR	COLLAR	25	25	15	2.5	0.5
157	BAR	COLLAR	25	25	15	2.5	1
158	BAR	COLLAR	25	25	15	2.5	1.5
159	BAR	COLLAR	25	25	15	2.5	2
160	BAR	COLLAR	25	25	20		
161	BAR	COLLAR	25	25	20	0.5	
162	BAR	COLLAR	25	25	20	1	
163	BAR	COLLAR	25	25	20	1.5	
164	BAR	COLLAR	25	25	20	2	
165	BAR	COLLAR	25	25	20	2.5	
166	BAR	COLLAR	25	25	20	2.5	0.5
167	BAR	COLLAR	25	25	20	2.5	1
168	BAR	COLLAR	25	25	20	2.5	1.5
169	BAR	COLLAR	25	25	20	2.5	2
170	BAR	COLLAR	25	25	25		
171	BAR	COLLAR	25	25	25	0.5	
172	BAR	COLLAR	25	25	25	1	
173	BAR	COLLAR	25	25	25	1.5	
174	BAR	COLLAR	25	25	25	2	

175	BAR	COLLAR	25	25	25	2.5		
176	BAR	COLLAR	25	25	25	2.5	0.5	
177	BAR	COLLAR	25	25	25	2.5	1	
178	BAR	COLLAR	25	25	25	2.5	1.5	
179	BAR	COLLAR	25	25	25	2.5	2	
180	BAR	COLLAR	25	25	25	5		
181	BAR	COLLAR	25	25	25	5	0.5	
182	BAR	COLLAR	25	25	25	5	1	
183	BAR	COLLAR	25	25	25	5	1.5	
184	BAR	COLLAR	25	25	25	5	2	
185	BAR	COLLAR	25	25	25	5	2.5	
186	BAR	COLLAR	25	25	25	5	2.5	0.5
187	BAR	COLLAR	25	25	25	5	2.5	1
188	BAR	COLLAR	25	25	25	5	2.5	1.5
189	BAR	COLLAR	25	25	25	5	2.5	2
190	BAR	COLLAR	25	25	25	10		
191	BAR	COLLAR	25	25	25	10	0.5	
192	BAR	COLLAR	25	25	25	10	1	
193	BAR	COLLAR	25	25	25	10	1.5	
194	BAR	COLLAR	25	25	25	10	2	
195	BAR	COLLAR	25	25	25	10	2.5	
196	BAR	COLLAR	25	25	25	10	2.5	0.5
197	BAR	COLLAR	25	25	25	10	2.5	1
198	BAR	COLLAR	25	25	25	10	2.5	1.5
199	BAR	COLLAR	25	25	25	10	2.5	2
200	BAR	COLLAR	25	25	25	15		
201	BAR	COLLAR	25	25	25	15	0.5	
202	BAR	COLLAR	25	25	25	15	1	
203	BAR	COLLAR	25	25	25	15	1.5	
204	BAR	COLLAR	25	25	25	15	2	
205	BAR	COLLAR	25	25	25	15	2.5	
206	BAR	COLLAR	25	25	25	15	2.5	0.5
207	BAR	COLLAR	25	25	25	15	2.5	1
208	BAR	COLLAR	25	25	25	15	2.5	1.5
209	BAR	COLLAR	25	25	25	15	2.5	2
210	BAR	COLLAR	25	25	25	20		
211	BAR	COLLAR	25	25	25	20	0.5	
212	BAR	COLLAR	25	25	25	20	1	
213	BAR	COLLAR	25	25	25	20	1.5	
214	BAR	COLLAR	25	25	25	20	2	
215	BAR	COLLAR	25	25	25	20	2.5	
216	BAR	COLLAR	25	25	25	20	2.5	0.5
217	BAR	COLLAR	25	25	25	20	2.5	1
218	BAR	COLLAR	25	25	25	20	2.5	1.5
219	BAR	COLLAR	25	25	25	20	2.5	2
220	BAR	COLLAR	25	25	25	25		
221	BAR	COLLAR	25	25	25	25	0.5	
222	BAR	COLLAR	25	25	25	25	1	
223	BAR	COLLAR	25	25	25	25	1.5	
224	BAR	COLLAR	25	25	25	25	2	
225	BAR	COLLAR	25	25	25	25	2.5	
226	BAR	COLLAR	25	25	25	25	2.5	0.5
227	BAR	COLLAR	25	25	25	25	2.5	1
228	BAR	COLLAR	25	25	25	25	2.5	1.5
229	BAR	COLLAR	25	25	25	25	2.5	2

230	BAR	COLLAR	25	25	25	25	5	
231	BAR	COLLAR	25	25	25	25	5	0.5
232	BAR	COLLAR	25	25	25	25	5	1
233	BAR	COLLAR	25	25	25	25	5	1.5
234	BAR	COLLAR	25	25	25	25	5	2
235	BAR	COLLAR	25	25	25	25	2.5	



