

2021 Canadian Senior Championships Technical Officials Guide

WEIGH IN CHECKLIST

- Admit athlete by lot number as shown on startlist
 - If athlete is not present, move to next athlete to admit
 - If wrong athlete is admitted to meeting, PLACE BACK in Waiting Room.
- Athlete Identification (government-issued photo ID)
- Athlete wearing singlet (MANDATORY)
- Calibrate Scale:
 - Scale shown at zero (0.0kg)
 - 20kg or 25kg plate on scale
 - Scale weight shown within 0.3kg
- Athlete weighs in:
 - Scale shown at zero (0.0kg)
 - Athlete remains in frame while on scale
 - Athlete weight shown within 0.3kg
- Athlete weight entered into OWLCMS exactly as shown, unless athlete is up to 0.3kg over weight class
- If athlete is 0.1kg to 0.3kg over their class, bodyweight entered at top of weight class
- Athlete verbally declares opening attempts and enters into chat set to Everyone
- Enter opening attempts into OWLCMS
- Verbally confirm all information (bodyweight and attempts) back to athlete
- If athlete has black bumper plates to weigh, follow Scale Calibration process above. Plates must be taped in appropriate colours while in view of officials.
- Remind athletes to sign in to Competition Platform 30 minutes prior to session.
- Once all athletes have weighed in, click Generate Start Number
- Click [Download] Starting Attempts Sheet

- Upload Starting Attempts Sheet to Session Startlists Drive (<https://drive.google.com/drive/u/0/folders/1AKK06BGfYL28CYyJj0maXJLUS4SgiGHP?tbs=true>) also available on the OWA Competition Page at onweightlifting.ca/csc2021

(Please convert to PDF format if possible)