

**British Weight Lifting
Para-Powerlifting
Open
Oldbury Academy
16 March 2024**

Event Information Pack



Overview

BWL are pleased to be delivering the 2024 Para-Powerlifting Open to be held at the Oldbury Academy, Birmingham. This will be run alongside the Oldbury Weightlifting Spring Open.

Venue Information

The competition will be held at:

Oldbury Academy
Pound Road,
Birmingham
West Midlands
B68 8NE
0121 5333750

<http://oldburyacademy.co.uk>

The venue is wheelchair accessible, as are the facilities.

Travelling by Road

Oldbury Academy in the West Midlands north west Birmingham, off junction 3 of the M5, follow road under the M5 and keep left, at the round-about take first exit onto Wolverhampton Road the A4123, at the third set of lights turn left onto Pound Road the Academy is 200 yards on the right, the Academy is well connected by road.

Travelling by Rail

There are two local train stations near to Oldbury Academy, Langley Green and Rowley Regis both are less than 5 minutes via taxi, the journey times are listed below from Birmingham New street.

Langley Green	28 minutes
Rowley Regis	32 Minutes

There are direct trains from London, Manchester, Crewe and Cardiff to Birmingham New Street where you will need to change to the `Birmingham to Worcester via Kidderminster line` for Langley Green and Rowley Regis.

Estimated train journey times to Birmingham New Street:

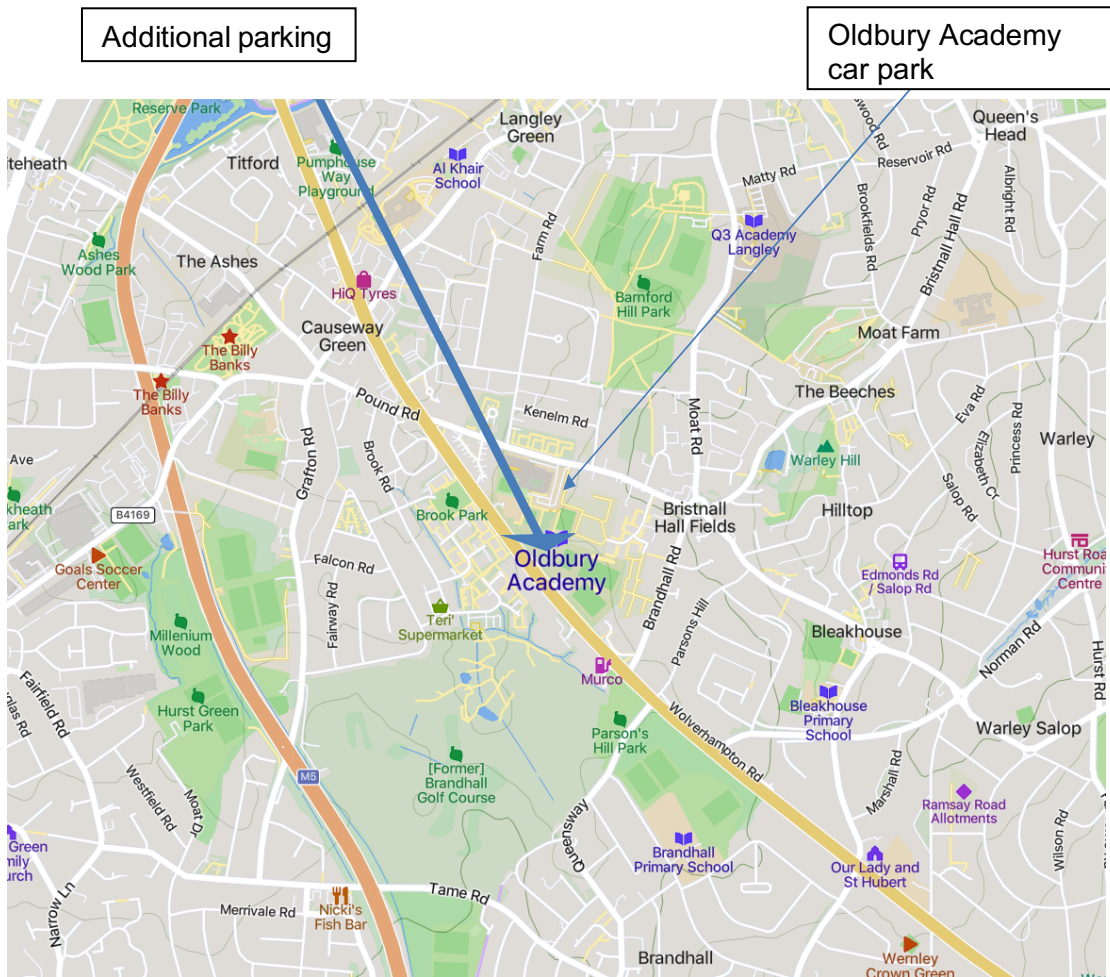
- Liverpool – 2.25 hours
- Manchester - 2 hours
- Birmingham – 30 minutes (as above)
- London – 1.20 hours
- Cardiff - 2 hours

International travel to Oldbury

The nearest airports to Oldbury are Birmingham international Airport and East Midland Airport, which east midlands is around 1.5 hours away and Birmingham 30 minutes.

Parking

Parking is free at the Academy (no overnight parking). The car park on Pound Road (Main Entrance to the Academy) has 50 spaces, the car park on Wolverhampton Road (Entrance to Sam's Fitness) has 10 spaces, there is no access to the competition on Wolverhampton Road.



Accreditation

On arrival, all athletes, coaches and technical officials must collect accreditation from the BWL registration desk which will be located in the entrance area to the Sports Hall.

All coaches and athletes are required to provide photographic ID to collect their accreditation and must wear/show their accreditation visibly, at all times. Athletes must arrive with enough time to collect their accreditation prior to weigh-in.

Only coaches with a current membership will be able to collect a coach accreditation (wristband) and any coach found passing their accreditation to another person will have their accreditation withdrawn and may be subject to further action after the competition. Any person found in the warm-up area without an athlete accreditation or coach wristband will be asked to leave the area immediately and may be subject to further action after the competition.



Spectators

Tickets are £2, available on arrival at the event.

Weigh-Ins

All weigh-ins will take place virtually, pre the event.

Competition Rules

The current BWL Technical Rules and Regulations (TCRR) will be followed.

Competition Schedule and Start List

The competition schedule and start list will be published on the BWL website. The schedule can also be found at the end of this document.

Livestream

The para powerlifting will be livestreamed free of charge. Access is via the following link :
<https://arena.joymo.no/api/share/XF5hskuJkz9a6vPI0YzC>

Medal Ceremonies

A medal ceremony will take place immediately after the end of each session/ group. Medals will be presented to the top three ranked lifters in each bodyweight category determined by total.

Safeguarding

There will be a designated event safeguarding officer present. All safeguarding reports and questions should be reported at the BWL registration area.

Medical

There will be one paramedic/first aider on site throughout the competition duration.

Food and Drink

Snack and drinks will be available for purchase, please note it is CASH ONLY.



Schedule

**BRITISH WEIGHT LIFTING
PARA POWERLIFTING OPEN
&
OLDBURY SPRING OPEN
SATURDAY 16th March 2024**

Weigh in: 09.00 Start: 10.00 Finish: 11.00	Oldbury Youth	10 lifters
Kit check: 11.00 Start: 12.00 Finish: 12.40	Para F	5 lifters
Kit check: 11.45 Start: 12.45 Finish: 13.30	Para M	4 lifters
Weigh in: 11.00 Start: 13.40 Finish: 14.40	Under 17 M/F	8 lifters
Weigh in: 11.00 Start: 14.50 Finish: 15.50	Women ALL	6 lifters
Weigh in: 12.00 Start: 16.00 Finish: 18.00	Men ALL	12 lifters