



# KEEP YOUR DREAM ALIVE

## TAKE PART IN THIS TOURNAMENT FROM YOUR HOME

Dear Lifters from around the world,

The Oceania Weightlifting Federation every year, during the month of July, normally hosts the ELEIKO Email International Club Tournament. Unfortunately due to the Coronavirus this year, almost all events have either been postponed or cancelled. Most weightlifting Clubs, Institutes, and Academies have been closed. However, we do know that there are hundreds and hundreds of lifters still training at home. So with this in mind, the OWF with the assistance of Eleiko have decided to still conduct the ELEIKO Email Tournament – obviously not at club level - but at individual level.

The date set for the tournament is the 24th and the 25th July, 2020. The 24th July, was to be the day of the Opening Ceremony of the 2020 Olympic Games, before it was postponed. The concept is to 'keep your dream alive'. I hope that you take the opportunity to participate in this unique tournament from where ever you may live in the world. Mr. Bowen Stuart, from the Australian Weightlifting Federation will assist in coordinating the electronic entries and final results.

Please note that if you wish to participate in this email tournament, it is your responsibility to ensure that you apply all necessary safety when considering the weight which you attempt in both the snatch and clean & jerk. The Eleiko Company and the Oceania Weightlifting Federation will not accept any liability for any injuries which may occur during your participation. Participation is purely at your own risk. You must be 18 years of age or over on the day of competition.

Below are the regulations of the tournament.  
Paul Coffa MBE OWF General Secretary

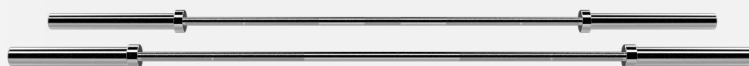
### 2020 ELEIKO EMAIL INTERNATIONAL LIFTERS TOURNAMENT

SPONSORED BY ELEIKO AND ORGANIZED BY THE OCEANIA WEIGHTLIFTING FEDERATION (OWF)

July 24-25, 2020

- RESULTS:** To be submitted electronic on July 24-25th on the OWF Website:  
[www.oceaniaweightlifting.com](http://www.oceaniaweightlifting.com)
- RESULTS PUBLISHED:** Full results will be published on the OWF website by July 31st 2020
- AGE LIMIT:** You must be 18 years of age and over on the day of competition
- COMPETITION CATEGORIES:** IWF Categories for Men and Women.  
**Men:** 55,61,67,73,81,89,96,102, 109, +109 **Women:** 45,49,55,59,64,71,76,81, 87,+87
- BODYWEIGHTS:** As lifters are training at home, bodyweights can be checked on bathroom scales. However it is imperative that precise bodyweights are entered. For example – 54.42kg or 58.70kg or 102.75kg. In the event that there are two identical bodyweights and total, then both lifters will receive one training bar with collars (no weights)
- PRIZES: (MEN)** 1 ELEIKO training bar with collars (no weights) will be awarded to each winner in the 10 bodyweight categories.
- PRIZES: (WOMEN)** 1 ELEIKO training bar with collars (no weights) will be awarded to each winner in the 10 bodyweight categories.

*The freight cost will be covered by ELEIKO to your destination port.  
You may have to pay import duty once the bar arrives in your city/country.*



For further inquires please contact Paul Coffa MBE General Secretary, OWF  
Email: [owf@bigpond.com](mailto:owf@bigpond.com) phone +61 457 778900