



**2019 Quaycentre Australian
Junior and Under 23 Championships
Sydney Olympic Park, NSW
16-17 August 2019**



Information Pack



Event Contacts

AWF CEO
Competition Director
NSW Weightlifting Office

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Competition Venue

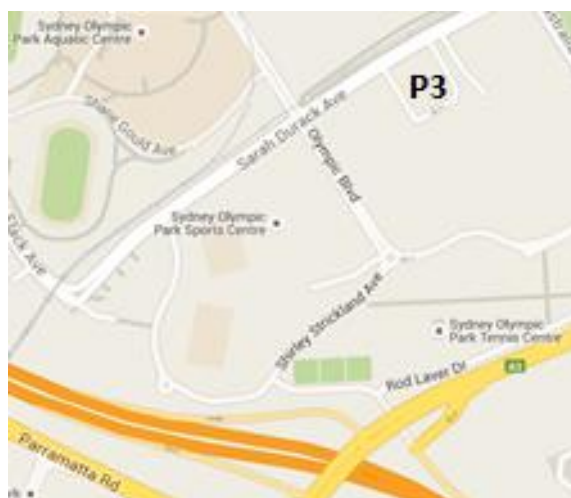
Hall of Legends (competition area)
NSWWA High Performance Centre (warm up)
Quaycentre, Sydney Olympic Park
Cnr Olympic Boulevard and Sarah Durack Avenue
Olympic Park NSW 2127

The NSWWA High Performance Centre is on the lower level of the Quaycentre.



Parking

Parking will be available in P7 (at the back of the Quaycentre) for athletes, coaches and technical officials. General parking will be available in P3 (entry is off Sarah Durack Avenue).



Verification of Entries

Thursday 15 August 2019 by 12.00pm via email
imoir@awf.com.au or text via mobile 0408 955 698

Training at the Venue

Wednesday 14 August 2019
3.00pm – 8.00pm

Thursday 15 August 2019
3.00pm – 8.00pm

Competition Schedule

Friday 16 August 2019

Session 1	F49, F55, F59	Weigh in 7.00am-8.00am	Start 9.00am
Session 2	M61, M67	Weigh in 10.00am-11.00am	Start 12.00pm
Session 3	F64	Weigh in 12.00pm-1.00pm	Start 2.00pm
Session 4	M73	Weigh in 2.30pm-3.30pm	Start 4.30pm

Saturday 17 August 2019

Session 5	M81	Weigh in 7.00am-8.00am	Start 9.00am
Session 6	F71, F76, F81, F87, F87+	Weigh in 9.30am-10.30am	Start 11.30am
Session 7	M89	Weigh in 12.00pm-1.00pm	Start 2.00pm
Session 8	M96, M102, M109, M109+	Weigh in 2.30pm-3.30pm	Start 4.30pm

Tickets

For family and friends coming along to support the lifters tickets are available online via the AWF website <http://www.awf.com.au/tickets>

Additional tickets will be available from the ticket desk at the Quaycentre.

For supporters that are unable to travel to Sydney, they can watch the webcast live at <http://www.awf.com.au/webcast/>

Food and Drink

Food and drinks will be available for purchase at the café in the Quaycentre (upstairs around the corner from the Reception area).

There are cafés, restaurants and fast food outlets at the intersection of Olympic Boulevard and Dawn Fraser Avenue through to Australia Avenue, however, commercial food and beverages cannot be brought into the venue. Parking in this area of Olympic Park is often restricted due to events taking place but it is only a short walk from the Quaycentre.



Toilets/Change Rooms

Change Room 3 and Change Room 4 (male and female) are located downstairs off the hallway near the NSWWA High Performance Centre. Toilets (male and female) are located directly outside the gym.

Weigh-In Room

Change Room 1

Check Scales

Change Room 2

Ice

Ice is available from the ice machine in the corridor that leads to the Gymnastics Hall. There are normally plastic bags beside the lid.

Sauna

A sauna is available at the Sydney International Aquatic Centre which is approximately 500m walk from the Quaycentre (also on Olympic Boulevard). Opening hours are:

Monday to Friday 5.00am – 8.00pm

Saturday & Sunday 6.00am – 7.00pm

Please note the following conditions of entry:

Must be 16 years or older to access the sauna facility

Cost \$12.50/\$16.50 depending on time of day

Off Peak - Monday to Friday 8.00am – 3.00pm

Accommodation

Accommodation within walking distance of competition venue:

Meriton Suites Carter Street

Novotel Sydney Olympic Park

Pullman at Sydney Olympic Park

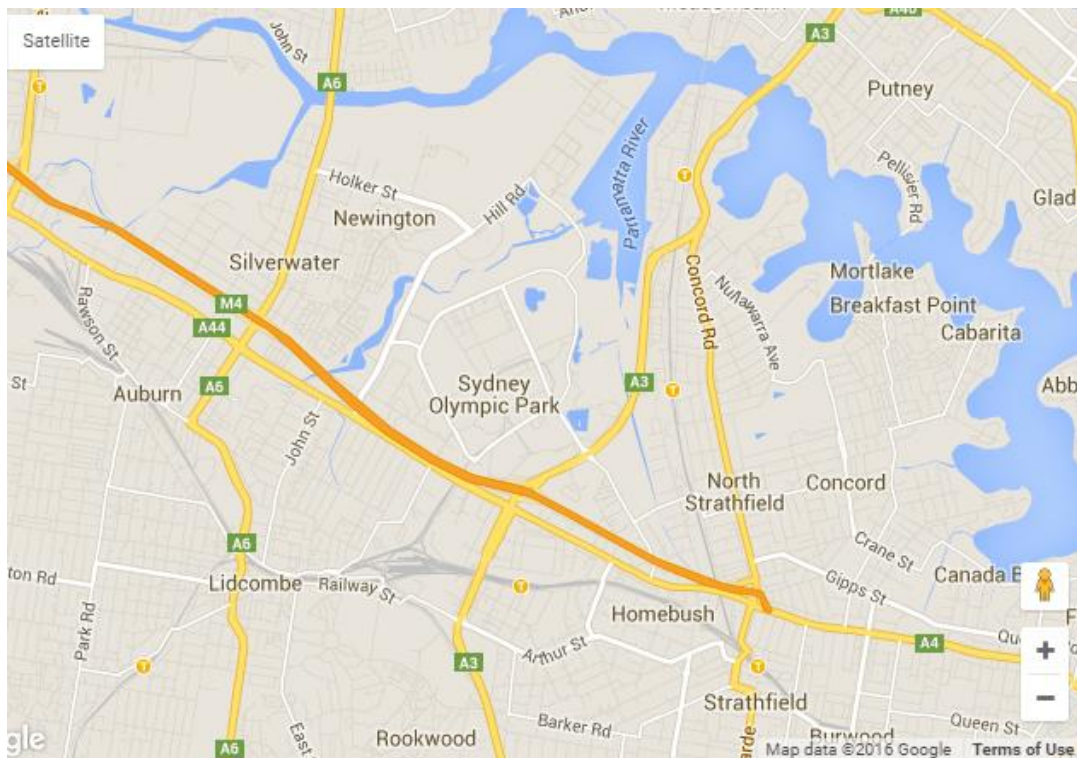
Quest at Sydney Olympic Park

Ibis Sydney Olympic Park

Ibis Budget Sydney Olympic Park

There are also other options available further from the venue.

Maps



<http://www.sydneyolympicpark.com.au/maps>



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