

## 2016 Twin Ports Raw Open: Last-Minute Contest Information and Tips from the Meet Director

Event website: [www.twinportsrawopen.com](http://www.twinportsrawopen.com)

Facebook page: <https://www.facebook.com/events/1721721598059708/>

- the meet is being held in the fieldhouse within the Burns Wellness Commons on the campus of the College of St. Scholastica; please refer to the [campus map](#) (contest venue is #6 on the campus map) and [directions](#)
  - enter the building through doorway marked “A”
- a locker room facility will be available complete with showers and lockers (you will need to bring your own lock)
- an optional check-in and equipment check will take place on Friday from 5-7pm in the Burns Wellness Commons fieldhouse; if you will be in Duluth at that time, you are strongly encouraged to stop in and get that completed
- all lifters MUST have a valid government-issued identification card (e.g., drivers license, military ID, etc.)
  - lifters without ID cards (e.g., youth) must have proof of age and identity (e.g., copy of birth certificate)
- sandwiches, snacks, and drinks will be provided to all lifters and meet volunteers free of charge
- admission will be \$5 for all spectators; lifters, meet volunteers and those under 16 do not pay admission
  - note: coaches must also pay the standard admission fee
- schedule
  - Friday (optional):
    - 5:00-7:00pm: early check-in, equipment check, and [rack heights](#)
  - Saturday (all lifters):
    - 6:45am: doors open for check-in, equipment check, and [rack heights](#)
    - 7:00-8:30am: weigh-in for powerlifting competitors (3 scales will be used)
    - 8:15am: rules meeting for all lifters (including bench-only) in warmup room
    - 9:00am: lifting begins for powerlifting competitors
    - awards for powerlifting and bench-only competitors will be given when all lifting is complete
    - estimated finish time: between 3:00-5:00pm
    - [weigh-in and lifting schedule for bench only competitors](#)
- **New for 2016:** [weigh-in order](#) will be based on lot number for [women](#), [men](#), and [bench-only](#)
- flights:
  - **Platform 1** [36 lifters]
    - Flight 1A. Women: Open Lightweight, Middleweight, and Heavyweight [12]
    - Flight 1B. Men: Open Middleweight [14]
    - Flight 1C. Men: Open Lightweight and Heavyweight [10]
  - **Platform 2** [37 lifters]
    - Flight 2A. Women: Youth I, Youth III, Teen/Jr, Master I, Special Olympian [11]
    - Flight 2B. Men: Teen/Jr, Special Olympian [12]
    - Flight 2C. Men: Master I, Master II, Master III-IV [14]
  - Note: bench only lifters [5] will be in the first group to bench; they will be in their own flight (Flight D) and the platform they will lift on will be determined during squats based on the progress of the meet
- American and state raw records can be set at the meet and will be based on the weight of the lifter at weigh-in
  - please refer to the [men's American raw records](#) and the [women's American raw records](#)
  - please refer to the [Minnesota state raw records](#) and [raw records of other states](#)
  - Note: there will not be hard copies of records at the meet and there may or may not be a computer with internet access so lifters are urged to look up records beforehand and/or have a mobile device (e.g., smartphone) at the meet in order to look up records
  - **New for 2016:** lifters who might set American records must bring a photocopy of their driver's license or birth certificate (or official document that serves as proof of age and identity) with them to the meet
- a minimum of 10% of the lifters will be [drug-tested](#) by urinalysis
- **New for 2016:** membership cards will NOT be available for purchase at the meet
  - memberships must be purchased [online](#) prior to the meet
  - proof of membership (hard copy or electronic) is required at the meet

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- tips for newer lifters:
  - start with an opening weight (your “opener”) that you know you can get on your worst day
    - you can NOT lower/reduce the weight from one attempt to the next; it must be the same or heavier
    - some people open with a weight they know they can do at least three times just to make sure they “get into the meet” by making each of their opening attempts in the SQ, BP, and DL
  - know all of the commands and WAIT for the commands; do not miss a lift on a “technicality”
    - squat commands: “squat” and “rack”
    - bench press commands: “start”, “press” and “rack”
    - deadlift command: “down” (there is no start command)
  - READ THE [RULEBOOK](#) and know the rules of performance for each lift so you know what you need to do and why lifts get disqualified
    - a review of the “[referee’s script](#)” provides a summary of the rules
    - watch [sample videos](#) of the lifts (with referee commands)
  - each lifter needs to submit opening attempts (SQ/BP/DL) and give [rack heights](#) at the weigh-in; tips include:
    - coming to the venue knowing your opening attempts [in kilograms](#)
    - getting [squat and bench rack heights](#) as soon as you arrive at the venue
      - three rack heights required: 1) squat height, 2) bench height, and 3) bench safety height
      - see pictures and instructions for [selecting rack heights](#)
      - determine if you need foot blocks for the bench press and tell the weigh-in official if you do
    - having a [pound-kilogram conversion chart](#) (the meet will be run in kilograms)
  - if you get a red light on a lift and do not know why, ask the referee or know what the colored failure cards mean (description of the color cards can be found on pages 16-17 in the [rulebook](#))
- personal equipment/apparel:
  - according to the rules of USA Powerlifting, lifters **MUST** wear the following for a raw contest:
    - a non-supportive singlet (wrestling or weightlifting styles work well)
    - [athletic supporter or briefs](#) [BRIEFS CAN **NOT** HAVE ANY “LEGS”]
      - **boxer shorts, boxer briefs, and bike shorts are NOT allowed**
    - athletic shoes
      - boots (e.g., work boots, hiking boots) and Vibram FiveFingers® shoes are not allowed
    - [knee-length socks for the deadlift](#) **MUST** be worn (this is to prevent blood from getting on the bar)
    - a non-supportive T-shirt
      - women must wear a T-shirt on all 3 lifts but the T-shirt is optional for men on the deadlift
      - shirts that are made of the tight stretchy material like some styles made by Under Armour® are discouraged because it is difficult for platform referees to determine whether or not the lifter is wearing a supportive/bench press shirt (cotton T-shirt is recommended)
      - T-shirt may not have zippers or pockets and cannot be a V-neck style
      - T-shirt must have sleeves (i.e., no “cut-offs” or tank tops)
      - T-shirt cannot contain any profane or offensive material and cannot be related to any organization other than USA Powerlifting or the International Powerlifting Federation (IPF)
  - according to the rules of USA Powerlifting, lifters **MAY** wear the following for a raw contest:
    - a weightlifting belt (with a buckle or lever for tightening) no wider than 10cm at widest point
      - **belt can NOT have Velcro and can NOT have any built-in padding**
    - knee sleeves:
      - knee sleeves must be one-piece and single-ply and made out of neoprene material (examples include the Rehband, SBD, Slingshot, and Titan brands)
      - knee sleeves cannot have any tightening mechanisms like clips, fasteners, or Velcro
      - knee wraps are NOT allowed
    - wrist wraps are allowed but cannot exceed 1 meter [39 inches] in length