

APU Regulations

Competition and Championship



Contents

1	Competitions and Championships.....	3
2	Personnel, Competitors and Official Involvement in Competition.....	3
3	Sponsorship	4
4	Levy Fee	4
5	Local Competitions.....	5
6	State Championships.....	9
7	National Championships	12
8	International Championships	14
9	Exhibition/Novice Competitions.....	14
	Appendix 1	16

1 Competitions and Championships

Competitions and Championships shall be held at local, state, national, regional and International levels. All levels of competition shall be approved by the APU executive board with the exception of regional and international Championships, which will need the approval from the International Powerlifting Federation and meet their guidelines and regulations.

- 1.1 The application request to host a competition or championship goes through the APU competition manager.
- 1.2 A full budget of costs will be presented from the Organiser to the APU Board prior to any approval to the competition or championship.
 - 1.2.1 APU local events can be organised by independent Meet Directors, Directors of APU or State Branches.
 - 1.2.2 APU State Championships can be organised by State branches, affiliate clubs, local clubs or independents
 - 1.2.3 APU National Championships can be organised by National body, State branches, or affiliate clubs.
- 1.3 APU Sanctioned competitions shall be approved by the APU Board prior to any advertising of the competition. These competitions shall be advertised on the APU website and entry shall be through the APU Website.
- 1.4 Meet directors are to ensure that the competition venue and the regulation of the championship is in accordance with this bylaw and the Venue and Meet Directors Requirements regulation.
- 1.5 Organisers will be responsible for a \$500.00 cancelation fee if the championship is cancelled through no fault of APU Ltd.

2 Personnel, Competitors and Official Involvement in Competition

- 2.1 The meet director, who will require to be an APU member is to ensure that the personnel, officials, competitors, and spotters and loaders be members of APU and comply with all By-Law, regulations and instructions of the APU and IPF.
- 2.2 It is the responsibility of the meet director to ensure that
 - 2.2.1 The competitors shall be
 - a) Current APU members in good standing (non-lifting members not permitted to compete)
 - b) Qualified and accepted into the competition (via APU board)

- c) Aware of and enforce APU Anti-doping requirements
- 2.2.2 Officials and Announcers shall be
 - a) Applicable APU members in good standing
 - b) Weigh in official may be used (as per IPF technical rules)
 - c) a minimum APU state referee level qualified (for Local and State level only)
 - d) APU National referee qualified (for Local, State and National level only) or IPF international category I or 2 referees
- 2.2.3 The coaches shall be
 - a) Applicable APU coaching members in good standing
 - b) Registered to coach at the event
 - c) Aware of and comply with APU Anti-doping requirement
 - d) In possession of “working with children check” or equivalent.
- 2.2.4 The competition spotters and loaders shall be
 - a) Current APU members in good standing
 - b) Qualified and accepted into the competition (via APU board)
 - c) Aware of and comply with APU Anti-doping requirement
- 2.2.5 On discovery that there is a participant who is a non-member:
 - a) The participant is to be removed from the participation of the event and
 - b) Any results or records including the participation of the non-member (e.g.: referee, competitor) may be invalid.
 - c) The results will be removed from any score sheet etc
- 2.2.6 If it is discovered that the participant was not on the final list approved by the APU, the APU board may fine the organiser up to the sum of \$200.00

3 Sponsorship

Sponsorship and/or advertising at any APU Sanctioned competition is to be approved by the APU board. Such advertising includes:

- a) Competition banners
- b) Competition shirts
- c) Streaming advertising
- d) Stall hire
- e) Any promotional material at the championship

4 Levy Fee

4.1 For every paid entry from a member's entry, the National Body Levy Fee will be at the rate of the following

- 4.1.1 At an APU Sanctioned local competition or State Qualifying championship

- A\$37.50 per Powerlifting (3 lift) entry
 - A\$27.50 per Bench Press (Single lift) entry
- 4.1.2 At an APU Sanctioned State Championship
- A\$47.50 per Powerlifting (3 lift) entry
 - A\$37.50 per Bench Press (Single lift) entry
- 4.1.3 At an APU Sanctioned National Championship
- A\$55.00 per Powerlifting (3 lift) entry
 - A\$45.00 per Bench Press (Single lift) entry
- 4.2 Such levy goes towards the operation of APU including
- 4.2.1 Anti-Doping
- 4.2.2 Referee Programs
- 4.2.3 Regional Development programs
- 4.2.4 Medals provided for local and state competitions

5 Local Competitions

- 5.1 The purpose of local competitions is to promote the sport of powerlifting, provide avenues for APU members to test their strength, and to prepare themselves for higher level events and competitions.
- 5.2 All APU sanctioned local events are treated as the primary qualifying event for the State Championship for that applicable aligning State Championships.
- 5.3 The Organiser shall appoint a meet director (APU member) who shall be the contact person (for APU) responsible to direct the competition.
- 5.3.1 The appointed meet director shall follow the APU Regulation Venue and Meet director requirement clause 2.1 to 2.8
- 5.4 APU State branches are responsible to be the Organiser for a minimum of 1 local event per year to align with the applicable state championship. The event should be no closer than 10 weeks and no farther than 26 weeks before the State Championships.
- 5.4.1 The branches are to ensure that each age, weight, and category is covered for each calendar year. The APU encourages that this event be held in venues which may assist in developing out sport.
- 5.4.2 The event shall be named the "APU (State) Qualifying Powerlifting and Bench Press Championship.
- 5.4.3 The event will combine all categories unless otherwise advised by the APU board. APU (State) Qualifying Championship will be held under the conditions stated in clause 5.18.3

- 5.5 All local APU Sanctioned event will be required to include competition awards for the following categories in both male and female division in both equipped and classic:
- a) Open
 - b) Sub Junior
 - c) Junior
 - d) Master 1
 - e) Masters 2
 - f) Masters 3
 - g) Masters 4
- In the event of:
- a) Powerlifting (in all above categories)
 - b) Bench Press (in all above categories)
 - c) Special Olympics (in any combination of Squat, Bench Press and Deadlift)
- 5.6 Medals and awards for all local competitions are provided by APU per weight class and age division. Any left-over medals will be used at next APU event suitable or returned to APU board.
- 5.7 Entry closure for local competition/ Club Event will be 28 days out from the commencement day of the competition. Local competitions/ Club Event with restricted entries (on request from Meet Director) may close earlier, depending on entries.
- 5.8 Weight category changes shall be permitted at local competitions within 7 days prior to commencement of competition, from which at that time no changes shall be permitted.
- 5.9 The equipment shall be in accordance with clause 1.3 of the APU Regulation Venue and Meet Directors Requirement
- 5.10 All meet forms (clause 2.5 – APU Regulation Venue and Meet Director Requirement) are required to be used, signed (if necessary) and submitted as required.
- 5.11 If the local competition is being conducted in accordance with State or National conditions to allow for records to be broken, it shall be designated as such when advertised.
- 5.12 Final lifting schedule for all APU sanctioned events will be approved by the APU Board
- 5.13 Lifting scheduling and session time limitations for APU Sanctioned Competitions are regulated in Appendix 1.
- 5.14 The meet director is to ensure that at all competitions that Anti-Doping is prepared *and* expected.
- 5.15 Details for Anti-doping preparation can be found on the Appendix G in APU Regulation Venue and Meet Directors Requirement.
- 5.16 Parking should be reserved at the closest park to entry, using a sign “RESERVED FOR DRUG CONTROL OFFICERS”

5.17 Detailed invoice for the competition, including a breakdown of costs, should be sent to:
treasurer@powerlifting-apu.com cc comp.manager@powerlifting-apu.com

5.18 Service Agreement for LOCAL APU Sanctioned events

Service agreement for local events will be based of the facility rating (refer to APU Regulation Venue and Meet Director Requirement Clause 1.4 (Facility Club rating)

5.18.1 Service agreement for **Fully Compliant Facility**

- a) Entry fees for competition at a fully compliant facility will be determined by the meet director, however the APU National body Levy fee (refer 4.1.1) will be required to be covered in the cost of entry.
- b) The fully compliant facility will have all Venue Requirements as stated in Clause 1 of APU Regulation Venue and Meet Director Requirements.
- c) The agreement holds the responsibility for any monetary payment or any other agreement for the meet director or other personnel and technical costs including is the responsibility of the agreed Organiser.
- d) The meet director shall be responsible to comply with all APU and IPF rules of competition.
- e) Technical cost for running comp (including Spotter/loader) will be beared by the organiser.

5.18.2 Service agreement for Local APU Sanctioned event at a **Partially-Compliant Facility or Hired Facility**

- a) Payment for running a Local APU Sanctioned event at a non-compliant facility and a Hired Facility will be paid to that meet director at the rate of:
 - \$150 for set up and break down
 - \$150 per day of competition
 - \$75 per half day
- b) Competition days with less than 189 lifts (1 platform) or 378 lifts (2 platforms) will be considered half day as per Appendix F in APU Regulation Venue and Meet Director Requirements.
- c) The entry fee for the competition will be determined by the APU.
- d) Any extra costs occurred not budgeted for will be taken from the State Branch fund (see point i).
- e) Non-compliant facility hire should be paid at a maximum payment of
 - \$300 per day for venues that run 1 competition platform (in accordance with appendix 1) and
 - \$500 per day for venues that run 2 competition platforms at once (in accordance with appendix 1).

- f) Hired facilities may be negotiated by APU board.
- g) Any costs that are associated with running the event (equipment hire, transport etc) should be considered from the venue hire cost by the meet director. For example, gym with 60% of equipment can charge \$300 venue hire compared with gym with 0%, can negotiate \$150 venue hire.
- h) The saving of the venue shall be spent for running the competition.
- i) Profits that are made shall go towards the State Branch trust account held by the APU National body for revenue to go back into the development of the sport. The priority for spending for States will be for equipment. Any spending will be receipted to APU and the property will remain APU. This includes the purchasing of equipment and support for programs such as high-performance development.

5.18.3 Service agreement for Local APU Sanctioned event at **an APU (State) Qualifying Powerlifting and Bench Press Championships**

- a) Payment for running the APU (State) Qualifying Powerlifting and Bench Press Championships will be paid to that meet director at the rate of:
 - \$150 for set up and break down
 - \$150 per day of competition
 - \$75 per half day
- b) Competition days with less than 189 lifts (1 platform) or 378 lifts (2 platforms) will be considered half day as per Appendix F in APU Regulation Venue and Meet Director Requirements.
- c) The entry fee for the competition will be determined by the APU.
- d) Non-compliant facility and Hired Facilities should be paid at a maximum payment of \$300 per day for venues that run 1 competition platform (in accordance with appendix 1) and \$500 per day for venues that run 2 competition platforms at once (in accordance with appendix 1).
- e) The hire rate for facilities may be negotiated by APU board.
- f) Any extra costs occurred not budgeted for will be taken from the State Branch fund (see point h).
- g) For every paid entry from a member at a local competition, the APU National Body Levy Fee will be at the rate of the following:
 - A\$37.50 per Powerlift (3 lift) entry
 - A\$27.50 per Bench Press (Single lift) entry
- h) After all expenses are paid, any profits that are made shall go towards the State Branch trust account held by the APU National body for revenue to go back into the development of the sport in that State. The priority for spending

will be for equipment. This includes the purchasing of equipment and support for programs such as high-performance development.

6 State Championships

- 6.1 The purpose of a State Championships is to determine the strongest lifters for each category in the State or Territory.
- 6.2 The State Championship is the primary qualifying event for the aligning APU National Championship event. Clause 8 in APU Bylaws.
- 6.3 The application request to host a State Championship goes through the APU board. APU State Championships will be directed by delegates nominated by the State branches.
- 6.4 The State Branch shall appoint a meet director (APU member), approved by APU board, who shall be the responsible person to organise the competition and the contact person for the APU.
- 6.5 Entry closure for State Championships will be 28 days out from the commencement day of the championships.
- 6.6 Weight category changes shall be permitted at State Championships until 14 days prior to commencement of championships, from which at that time no changes shall be permitted.
- 6.7 All States will be required to run at least one event in both male and female division each calendar year in each weight division in the following:
 - a) Open
 - b) Sub Junior
 - c) Junior
 - d) Master 1
 - e) Masters 2
 - f) Masters 3
 - g) Masters 4In the event of:
 - a) Powerlifting (in all above categories)
 - b) Bench Press (in all above categories)
 - c) Special Olympic (in any combination of Squat, Bench Press and Deadlift)
 - d) Any combination of Squat Bench Press and Deadlift in Special Olympics
- 6.8 Final lifting schedule for all APU sanctioned events will be approved by the APU Board
- 6.9 Medals and awards for all State competitions are provided per weight and age division. Any left-over medals will be used at next event suitable or returned to APU board.

- 6.10 State Championships may be divided into individual categories and run as separate competitions, provided all classes and categories are calendared and competed in a calendar year.
- 6.11 If there is no suitable person or suitable entity to run the event, the State Manager shall be appointed meet director and shall hire a suitable venue to run the event.
- 6.11.1 The competition fees will be set by the APU board.
- 6.11.2 Any payment for running the competition will be arranged and considered by the board. Costs such as venue hire, transportation, referee travel and accommodation shall be taken into account when considering meet directors pay.
- 6.12 APU Sanctioned State Championships shall be approved by the APU board prior to any advertising of the championships. These competitions shall be advertised on the Australian Powerlifting Union website by September 1 the calendar year before and entry shall be through the APU Website.
- 6.13 If the State Championship is being conducted in accordance with National conditions to allow for records to be broken, it shall be designated as such when advertised.
- 6.14 Eligible entrants will require:
- a) To provide a total required as per APU grading scale after the aligning National Championships in the prior year
 - b) Completed entry form and paid full amount for entry
 - c) Financial member of APU
 - d) Be of good standing with the APU
- 6.15 Lifters should reside in the state the competition is run; however, this may not always be possible. Should a lifter from another state request to lift at a State level championship, the following conditions apply:
- a) Their entry will be accepted only if there are vacancies
 - b) They are to be entered as a 'Guest' lifter
 - c) They will not be eligible for selection into the host state team
 - d) They may place in their respective weight / age category, but their performance will not be considered for any 'best lifter' awards
 - e) The results from the performance may be used to qualify for National events
- 6.16 All State Championship events are treated as the primary qualifying event for that applicable aligning National Championships in that calendar year.
- 6.17 APU Sanctioned State Championships shall be approved by the executive committee prior to any advertising of the competition. These competitions shall be advertised on the APU website and entry shall be through the APU Website.
- 6.18 The event shall be named the "20XX APU State (Category) Championships".

- 6.19 For every paid entry from a member at a State competition, the APU National Body Levy Fee will be at the rate of the following:
- a) A\$47.50 per Powerlift (3 lift) entry
 - b) A\$37.50 per Bench Press (Single lift) entry
- 6.20 Additional expenses for running championship such as wages, food, table/chair hire, purchase of chalk and incidentals, printing etc will be beard by the State (taken from the cut).
- 6.21 The meet director is to ensure that at all competitions that Anti-Doping is prepared for and expected.
- 6.22 Details for Anti-doping preparation can be found on the Appendix F in APU Regulation Venue and Meet Director Requirements.
- 6.23 Parking should be reserved at the closest park to entry, using a sign “RESERVED FOR DRUG CONTROL OFFICERS”
- 6.24 Service Agreement for APU State Sanctioned events
- a) Payment for running the APU (State) Powerlifting and Bench Press Championships will be paid to that meet director at the rate of:
 - \$250 for set up/break down
 - \$250 per day
 - \$125 per half day
 - b) Venue hire should be paid at a maximum payment of \$500 per day for venues that run 1 competition platform (in accordance with appendix 1) or \$800 per day for venues that run 2 competition platforms at once (in accordance with appendix 1).
 - c) Final Timetables will be approved by the APU board.
 - d) All profits that are made shall go to the State Branch to go back into the development of the sport in their state via APU trust account.
 - e) A plan for the development of the sport shall be submitted to the National Body within 14 days after the State Championship event by the State Manager.
 - f) This includes the purchasing of competition equipment and support for programs such as high-performance development, and when no equipment requirements, funding for top athletes to participate in National Championships.
 - g) All equipment purchased will be property of the APU and kept in the residing state unless there is no suitable location to store.

- h) The organizer will be responsible for a \$500.00 cancelation fee if the championship is cancelled through no fault of APU Ltd.
- i) Invoice for Meet Director's Portion should be sent to treasurer@powerlifting-apu.com cc comp.manager@powerlifting-apu.com after competition.

7 National Championships

- 7.1 The purpose of annual national championships is to determine the strongest lifters in the Australian Powerlifting Union in each event for that year.
- 7.2 It is also a qualifying event for the Regional and International Championship.
- 7.3 The application request to host a National Championship goes through the APU board. National Championships will be Organised by State Branches and directed by delegates nominated by the State Branch.
- 7.4 The meet director (APU member), who shall be approved by APU board, will be the responsible person to organise the competition and the contact person for the APU.
- 7.5 Streaming will be provided by Australian Powerlifting Union Ltd.
- 7.6 Entry closure for National Championships will be 28 days out from the commencement day of the championships.
- 7.7 Weight category changes shall be permitted at National Championships until 21 days prior to commencement of championships, from which at that time no changes shall be permitted.
- 7.8 APU will be required to run at least one event in both male and female division each calendar year in each weight division in the following:
 - a) Open
 - b) Sub Junior
 - c) Junior
 - d) Master 1
 - e) Masters 2
 - f) Masters 3
 - g) Masters 4
 - h) Powerlifting (in all above categories)
 - i) Bench Press (in all above categories)
 - j) Special Olympic
 - k) Any combination of Squat Bench Press and Deadlift in Special Olympics
- 7.9 Final lifting schedule for all APU sanctioned events will be approved by the APU Board
- 7.10 Medals and awards for all National Championships are provided per weight and age division. Any left-over medals will be used at next event suitable or returned to APU board.

- 7.11 National Championships may be divided into individual categories and run as separate competitions, provided all classes and categories are calendared and competed in a calendar year.
- 7.12 If there is no suitable State Branch to run the event, the APU Board shall appoint a meet director and shall organise the event.
- 7.13 The competition fees will be set by the APU board.
- 7.14 Any payment for running the competition will be arranged and considered by the board. Costs such as venue hire, transportation, referee travel and accommodation shall be taken into account when considering meet directors pay.
- 7.15 APU Sanctioned National Championships shall be approved by the APU board prior to any advertising of the championships. These competitions shall be advertised on the Australian Powerlifting Union website by December 1 the calendar year before and entry shall be through the APU Website.
- 7.16 National records will be allowed for the respected age divisions in the championships.
- 7.17 Eligible entrants will require:
- a) To provide a total required as per APU Grading Scale at the State Championships in the same calendar year as the National Championships.
 - b) Completed entry form and paid full amount for entry
 - c) Financial member of APU
 - d) Be of good standing with the APU
 - e) Residing in Australia
- 7.18 All National Championship events are treated as the primary qualifying event for that applicable aligning IPF Regional or World Championships in that calendar year.
- 7.19 APU Sanctioned National Championships shall be approved by the executive committee prior to any advertising of the competition. These competitions shall be advertised on the APU website and entry shall be through the APU Website.
- 7.20 The event shall be named the "20XX APU National (Category) (Age Group) Championships".
- 7.21 Technical expenses for running comp will be beared by the State Branch organising the event from their cut.
- 7.22 State Branches will be responsible for a \$500.00 cancelation penalty if the championship is cancelled through no fault of APU Ltd.
- 7.23 Invoice for the competition, including a breakdown of costs, should be sent to treasurer@powerlifting-apu.com cc comp.manager@powerlifting-apu.com after competition.
- 7.24 Remuneration for meet director at a National Championship is:
- a) \$350 for set up/break down

- b) \$350 per day after
 - c) \$175 per half day (21 or less 3 lift on single platform- or 42 or less on 2 platform. 60 or less bench press on 1 platform - or 120 or less on 2 platform).
- 7.25 Venue hire should be paid at a maximum payment of \$700 per day for venues that run 1 competition platform (in accordance with appendix 1) or \$1000 per day for venues that run 2 competition platforms at once (in accordance with appendix 1).
- 7.26 Final Timetables will be approved by the APU board.
- 7.27 All profits that are made shall go to the State Branch to go back into the development of the sport in their state via APU account.
- 7.28 A clear plan for the development of the sport shall be submitted to the National Body within 14 days after the National Championship event by the State Manager.
- 7.29 This includes the purchasing of competition equipment and support for programs such as high-performance development, and when no equipment requirements, funding for top athletes to participate in National Championships.
- 7.30 All equipment purchased will be property of the APU and kept in the residing state unless there is no suitable location to store.
- 7.31 If Anti-doping is arranged by APU, the APU is responsible for the costs of these services.
- 7.32 Invoice should be sent to treasurer@powerlifting-apu.com cc comp.manager@powerlifting-apu.com after competition.

8 International Championships

- 8.1 All Regional and International Championships shall be run in conjunction with the International Powerlifting Federation or regional federation, following the IPF Rules, regulations and bylaws.
- 8.2 Organisation of Regional or International Championships shall be made by the APU board.

9 Exhibition/Novice Competitions

- 9.1 The APU executive may approve non-standard competitions for the purposes of developing novice lifters and officials, charity fundraisers or for other reasons deemed to be in the interests of the APU, by the APU executive. These competitions will be classed as Exhibition Competitions, and remain subject to APU Constitution, applicable By-Laws, Member Protection and Anti-Doping policies.

- 9.2 Exhibition Competitions may include Squat, Bench Press or Deadlift, however do not need to include all three lifts. Examples include bench press and deadlift (Push-Pull), deadlift only or a full power novice meet.
- 9.3 It may be in the interests of the APU or meet director to encourage maximum participation by supporting non-regulation conditions. Exhibition Competitions do not need to meet the same criteria for competitions, however all deviations are to be considered by the APU executive to ensure the competition remains in the interests of the APU.
- 9.4 Even if an exhibition competition is run as a full power or bench-press only meet in accordance with the APU or IPF rules, no State or National records can be broken at an Exhibition competition.
- 9.5 No APU member shall participate in any event, be in novice that includes any sanctioned athlete. Failure to withdraw from any such event where sanctioned athlete is involved, shall be deemed a breach in the ASADA association rule.

Appendix 1

1. Lifting Scheduling for APU Sanctioned Competitions

1.1 Numbers of lifters per day for competition shall be limited to the below table.

Powerlifting (9 mins per lifter)

Number of Competitors	Expected number of attempts	1 platform	2 platforms
40 powerlifters	(360 lifts)	1 day	½ day
80 powerlifters	(720 lifts)	2 days	1 days
120 powerlifters	(1080 lifts)	3 days	1.5 days
160 powerlifters	(1440 lifts)	4 days	2 days
200 powerlifters	(1800 lifts)	5 days	2.5 days
240 powerlifters	(2160 lifts)	6 days	3 days

Bench Press (3 mins per lifter)

Number of Competitors	Expected number of attempts	1 platform	2 platforms
Up to 120 Bench Pressers	(360 lifts)	1 day	½ day
121 - 240 Bench Pressers	(720 lifts)	2 days	1 days
241 - 360 Bench Pressers	(1080 lifts)	3 days	1.5 days
361 - 480 Bench Pressers	(1440 lifts)	4 days	2 days
481 - 600 Bench Pressers	(1800 lifts)	5 days	2.5 days
601 - 720 Bench Pressers	(2160 lifts)	6 days	3 days

1.2 Scheduling should be planned to run the competition with the above appropriate times.

If times cannot be arranged with the venue to cater for the number of lifters, APU board should be notified and alternative arrangements may be made.

2. Session times limitations for APU Sanctioned Competitions

For each session time allocations should be as follows:

2.1 Single Group Sessions

- 1 minute per expected lift +
- 2 x 20 mins between lifts +
- 20 mins scoresheet gathering +
- 30 mins presentation +
- Then rounded to next hour

e.g.: 1 group with 14 powerlifters (Total 126 attempts)

- Squats will take approximately 42 mins
- Break for lifters to warm up for Bench 20 mins

- Bench will take approximately 42 mins
- Break for lifters to warm up for Deadlift 20 mins
- Deadlifts will take 42 mins
- Scoresheet gathering results 20 mins
- Medal presentation **30** mins

Total time = 216 mins (3 hours 36 mins)

Next session should not start until 4 hours after start of this session e.g.: if this session starts at 8am, next session should start at 12pm earliest (rounding up to the hour)

Allow for rest breaks for officials, spotters, loaders

2.2 Group Session (Group A and Group B)

- 1 minute per expected lift
- x 10 mins between lifts
- 20 mins scoresheet gathering
- 30 mins presentation
- Then rounded to next hour

e.g.: 2 groups with 14 (total 28) powerlifters (Total 252 attempts)

- Squats will take approximately 84 mins
- Break for lifters to warm up for Bench 10 mins
- Bench will take approximately 84 mins
- Break for lifters to warm up for Deadlift 10 mins
- Deadlifts will take 84 mins
- Scoresheet gathering results 20 mins
- Medal presentation 30 mins
- 20 mins scoresheet gathering +
- 30 mins presentation

Total time = 322 mins (5 hours 22 mins)

Next session should not start until 6 hours after this session finishes. e.g.: if this session starts at 12pm, next session should not start until 6pm.

Allow for rest breaks for officials, spotters, loaders.