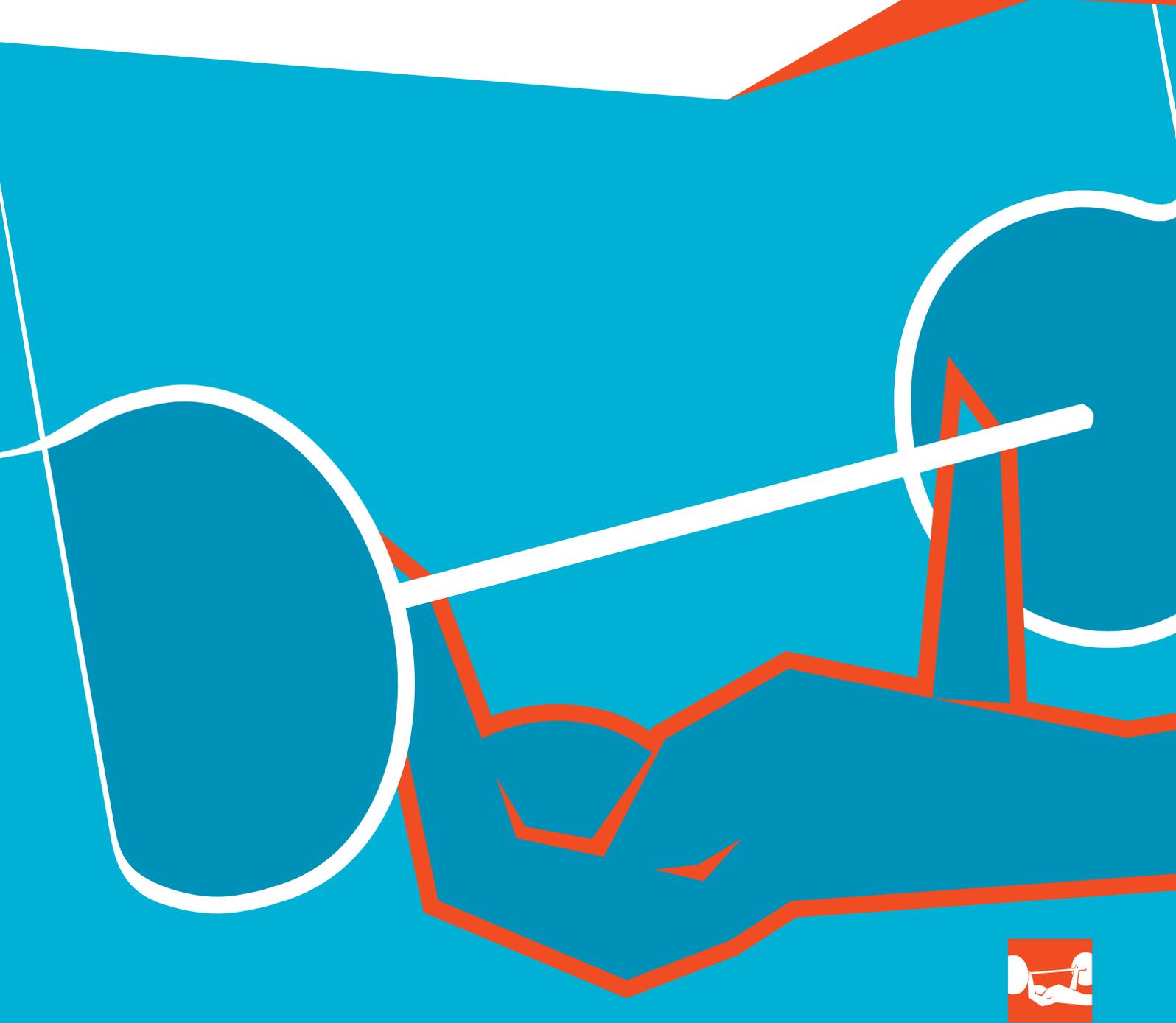


London 2012



# Explanatory Guide **Powerlifting**



## About the Explanatory Guides

The Explanatory Guides offer a detailed introduction to each sport at the London 2012 Paralympic Games, as well as providing information on a number of other key topics that may be of interest and importance to teams. Each guide is divided into several sections:

- A general introduction to London and to the Games.
- Sport-specific information on subjects such as the competition format and schedule, training and the qualification criteria.
- General information covering accreditation, ticketing, accommodation, medical services and transport.
- A directory, which contains contact details, maps and a daily competition schedule for all sports.

All information contained in this Explanatory Guide was correct at the time of publication in August 2011. However, please note that these details may change between now and the Games. NPCs are advised to check the IPC website ([www.paralympic.org](http://www.paralympic.org)) and LOCOG's The Exchange (<https://theexchange.london2012.com>) for important updates on topics such as the qualification criteria and the competition schedule.

Detailed Team Leaders' Guides, covering Games-time plans for every Paralympic sport, will be sent to NPCs in July 2012.



## Introduction

On behalf of LOCOG, I'm delighted to introduce this Explanatory Guide for the London 2012 Paralympic Games. This is the first time that the Explanatory Guides for a summer Games have been published and distributed in electronic-only form, a policy that supports our desire to stage the most sustainable Paralympic Games yet.

LOCOG is putting sport at the heart of the London 2012 Games. As part of this promise, we're aiming to provide teams and athletes with the best possible conditions to allow them to perform at their peak. We're devoted to delivering a safe and fair field of play for all athletes at our competition venues, which include brand new arenas, iconic sporting landmarks and world-famous London locations. The training facilities will be of a similarly high standard, and will be conveniently located within easy reach of athletes' housing. The Paralympic Village, the Paralympic Rowing Village in Egham and the Paralympic Sailing Village in Weymouth and Portland will all offer comfortable accommodation, excellent facilities and a real sense of community. And all of these venues will be connected by a reliable and efficient transport service during the Games.

London is honoured to be hosting its first Paralympic Games. We hope that this guide will help you in your preparations for the Games, and look forward to welcoming you to London in August 2012.

Best regards,

A handwritten signature in black ink that reads "Debbie Jevans". The signature is stylized and includes a long horizontal flourish at the bottom.

Debbie Jevans  
Director of Sport, London 2012 Organising Committee

# Explanatory Guide: Powerlifting

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## Welcome to London 2012

London 2012 will be a Paralympic Games for everyone, where everyone is invited to take part, join in and enjoy the greatest show on earth. The next few pages offer a brief introduction to the city, the country's Paralympic heritage, our plans for the Games, and the benefits they will bring to London, the UK and beyond in legacy.

## London, then and now

Londinium, the first recorded settlement on the site of the modern-day city, was established almost 2,000 years ago by the Romans, shortly after their invasion in AD 43. The Romans were eventually replaced by the Anglo-Saxons, who called their settlement Lundenwic; and then, in the 11th century, by the Normans, led by William the Conqueror.

London expanded dramatically beyond the old city walls in the 16th, 17th and 18th centuries, despite regular outbreaks of the plague and other major catastrophes such as the Great Fire of 1666. As the British Empire grew during the prosperous 19th century, so did London: between 1801 and 1901, its population spiralled from around one million to 6.5 million. The first half of the 20th century brought two world wars and plenty of other challenges, but the Olympic Games in 1948 heralded a revival in the city's fortunes.

Today, London's heritage is visible everywhere, from the few remaining parts of the Romans' defensive wall to the world-famous dome of St Paul's Cathedral. However, London is also a truly modern city, a product of today as much as of 2,000 years of history. It is one of the world's most important financial and commercial centres, but it is also an artistic and cultural hub. It is a city in which 500-year-old landmarks sit next to brand new skyscrapers. And it is home to one of the most varied and vibrant populations of any world city, many of whom are now helping to write the current and future chapters of London's epic history.

## Climate

London as a whole benefits from a mild to warm climate during the summer months of August and September. Based on statistics from recent years, teams can expect an average daily high of around 20–23°C (68–73°F) at the Olympic Park, with temperatures falling to a low of around 11–14°C (52–57°F) at night. On average, relative humidity ranges from a minimum of around 60% to a maximum of around 90% during this period. The average monthly rainfall during August and September is 49–57 millimetres; the prevailing winds are from the south-west.

## London in 2012

**Population:** 7,556,900, estimated in 2007 (UK: 61,792,000)

**Official language:** English

**Currency:** pound sterling

**Local time:** Greenwich Mean Time (summer: GMT +1hr)

**Area:** 1,579 sq km (UK: 243,610 sq km)

**Latitude and longitude:** 51°30'26" N, 00°07'39" W

**Altitude:** 20m

**Government:** Greater London Authority ([www.london.gov.uk](http://www.london.gov.uk))

## The country's Paralympic heritage

The birthplace of the Paralympic Movement was a small village in the south of England called Stoke Mandeville. On 29 July 1948, the same day as the Opening Ceremony of the London 1948 Olympic Games, Sir Ludwig Guttmann – a German neurologist who had emigrated to Britain in 1939 – organised an Archery competition for World War II veterans with spinal injuries in the grounds of Stoke Mandeville Hospital. Four years later, athletes from the Netherlands joined and the international Paralympic Movement was born. The competitions at Stoke Mandeville Hospital were the precursor to the first Paralympic Games, held in Rome in 1960.

The Paralympic Games came to Britain for the first time in 1984, when Stoke Mandeville co-hosted the Games with New York. After New York staged events from 17 to 30 June, the Games came to Stoke Mandeville between 22 July and 1 August, with more than 1,100 athletes competing from 41 countries. Many world and Paralympic records were broken: Denmark's Ingrid Lauridsen and the American Marcia Bevard were the stars of the Games, each winning six gold medals in Athletics and Swimming respectively. At the Stoke Mandeville Games, the Wheelchair Marathon was held for the first time.

Following several years of preliminary study and research, London's bid team for the 2012 Games was formed in 2003, and the bid was officially launched on 16 January 2004. At the 117th IOC Session in Singapore, at 7.46pm local time on 6 July 2005, London won the right to stage the Olympic and Paralympic Games in 2012. Just over seven years later, on 29 August 2012, the eyes of the world will be on London, and the Opening Ceremony of the 14th Paralympic Games.

## London 2012

### The Paralympic Games in brief

**Sports:** 20

**Disciplines:** 21

**Medal events:** 503

**Athletes:** 4,233 (projected)

**Competition venues:** 19

**Days of competition:** 11

**Competition sessions:** 284

**Paralympic Village opens to athletes:** 22 August 2012

**Opening Ceremony:** 29 August 2012

**Closing Ceremony:** 9 September 2012

## Competition venues

A total of 19 competition venues will be used at the London 2012 Paralympic Games. These are divided into four zones.

### Olympic Park

The Olympic Park is home to seven brand new competition venues that will host more than two-thirds of the 503 Paralympic medal events at London 2012. The venues are as follows:

- **Olympic Stadium:** Athletics
- **Aquatics Centre:** Swimming
- **Basketball Arena:** Wheelchair Basketball, Wheelchair Rugby
- **Eton Manor:** Wheelchair Tennis
- **Handball Arena:** Goalball
- **Hockey Centre:** Football 5-a-side, Football 7-a-side
- **Velodrome:** Cycling (Track)

The Park, which will create a beautiful green backdrop for the Games, will also be home to the International Broadcast Centre/Main Press Centre and the Paralympic Village, which will provide a temporary base for more than 6,000 athletes and officials.

### River Zone

A short distance from the Olympic Park, close to the River Thames, the River Zone venues will host more than 100 medal events across 10 sports. The zone is a combination of existing venues (ExCeL, North Greenwich Arena) and temporary venues within London landmarks (Greenwich Park, The Royal Artillery Barracks).

- **ExCeL:** five arenas hosting Boccia, Judo, Powerlifting, Table Tennis, Volleyball (Sitting), Wheelchair Fencing
- **Greenwich Park:** Equestrian
- **North Greenwich Arena:** Wheelchair Basketball
- **The Royal Artillery Barracks:** Archery, Shooting

### Other London venues

Away from the Olympic Park and the River Zone, central London will stage the Marathon races on the Athletics programme, which will start and finish on The Mall.

- **The Mall:** Athletics (Marathon)

### Out of London venues

The 2012 Paralympic Games will travel outside London to three different venues: world-class venues for Rowing and Sailing, and the internationally renowned Brands Hatch motor racing circuit in Kent for the Road Cycling competition. Teams whose competitions are based at Eton Dorney and Weymouth and Portland will benefit from their own Villages, located near to the competition venues.

- **Brands Hatch, Kent:** Cycling (Road)
- **Eton Dorney, Buckinghamshire:** Rowing
- **Weymouth and Portland, Dorset:** Sailing

## London Prepares

Staged in advance of the Games, the London Prepares series is the official London 2012 sports testing programme. As well as allowing LOCOG to test crucial aspects of its operations ahead of the Games, the series features world-class sporting events, bringing top athletes to the vast majority of the competition venues that will be used during the Paralympic Games. The London 2012 sports testing programme started in May 2011 and will run through until May 2012, taking in approximately 40 events during its 12-month run. For more details, see [www.londonprepareseries.com](http://www.londonprepareseries.com)

## London 2012 Cultural Olympiad

The four-year London 2012 Cultural Olympiad encompasses major projects with nationwide reach, as well as the Inspire programme of cultural events and activities, which enables grassroots organisations to be part of the Games. The finale of the Cultural Olympiad will be the London 2012 Festival, held between 21 June and 9 September 2012. The Festival will offer a chance for everyone to celebrate London 2012 through a range of art, culture and heritage events that will feature leading artists from all over the world. For more details, see [www.london2012.com/cultural-olympiad](http://www.london2012.com/cultural-olympiad)

## After the Games

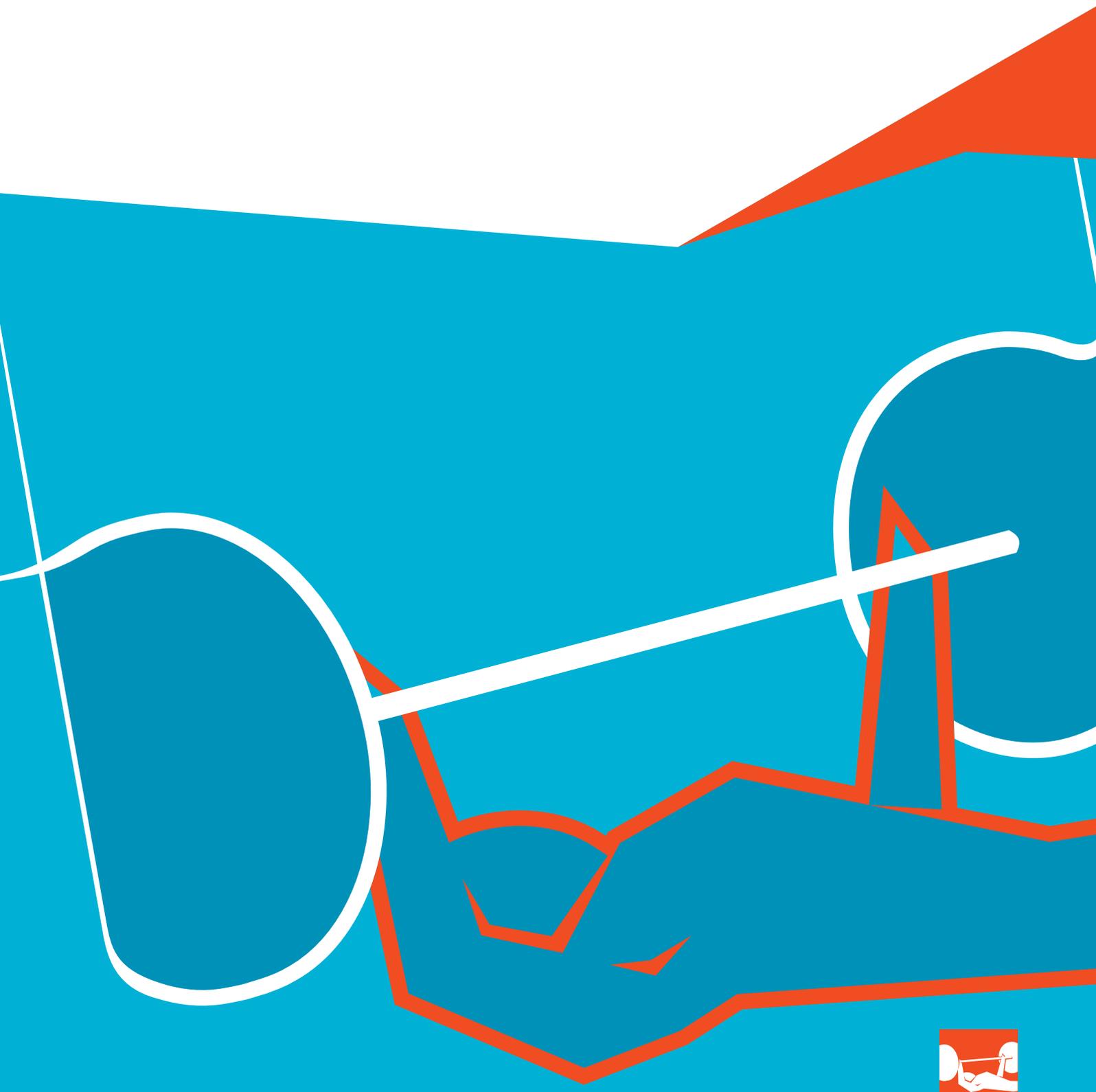
The Olympic and Paralympic Games have been the catalyst for the regeneration of one of the most underdeveloped areas of London into the Olympic Park. In summer 2012, the Park will welcome nearly 15,000 athletes and millions of visitors for 30 days of Olympic and Paralympic competition. After the Games, it will become a benchmark 21st-century urban environment, providing essential new housing, world-class sports facilities and other key amenities for the local community in east London.

However, the benefits of the London 2012 Games will be felt far beyond the Park. For example:

- LOCOG’s educational and cultural programmes are using the power of the Olympic and Paralympic Games to inspire children and young people across the UK and around the world: [www.london2012.com/education\\_and](http://www.london2012.com/education_and) [www.london2012.com/internationalinspiration](http://www.london2012.com/internationalinspiration)
- We have created a range of programmes to promote sports participation after the Games, shining a spotlight on grassroots sport: [www.london2012.com/get-involved](http://www.london2012.com/get-involved)
- London is the first summer Host City to embed sustainability in its planning from the start, and we are using the Games as a catalyst for positive change for the environment: [www.london2012.com/sustainability](http://www.london2012.com/sustainability)

For more on the benefits that the Games are bringing to the UK, visit [london2012.com](http://london2012.com)

# Competition



## Powerlifting at the London 2012 Paralympic Games

The ultimate test of upper body strength, Powerlifting for athletes with a disability made its first Paralympic appearance at the Tokyo 1964 Games, when men with spinal injuries took part in four events that were billed as Weightlifting. Over the next few years, the sport underwent a major transition to include other disability groups and incorporate rules identical to those of powerlifting competitions for the able-bodied. The sport made its debut under its current name at the New York/Stoke Mandeville 1984 Games, with women featuring for the first time at Sydney in 2000. It is now one of the world's fastest growing Paralympic sports: participants from 75 countries now widely and regularly practise the sport.

### Key personnel

#### IPC Powerlifting

Technical Delegate Jon Amos (Great Britain)

#### LOCOG competition management

Powerlifting Manager Matthew Curtain

Powerlifting Services Manager Margaret Lynes

Technical Operations Manager Keith Morgan



#### Matthew Curtain

##### Powerlifting Manager, London 2012

Matthew Curtain has been involved in weightlifting since 1987. As an athlete, he represented Australia at numerous international events, including the Junior World Championships. Following this, he worked for the Nauru Olympic Committee, then served as Chief Executive for the Australian Weightlifting Federation from 2002 to 2009. During this period, Matthew served as the Weightlifting and IPC Powerlifting Manager for the 2006 Commonwealth Games and the Technical Delegate for IPC Powerlifting for the Beijing 2008 Paralympic Games. He also now serves as Vice-President of the Commonwealth Weightlifting Federation and is the Assistant General Secretary of the Oceania Weightlifting Federation.

For details of how to contact the IPC, LOCOG, IPC Powerlifting and British Weightlifting, see [p32](#).

## The Powerlifting competition

The Powerlifting competition at the London 2012 Paralympic Games will be held from Thursday 30 August to Wednesday 5 September 2012 at ExCeL in London. The competition will consist of 20 medal events, summarised below:

Medal events	
Men (10)	Women (10)
Up to 48.00kg	Up to 40.00kg
Up to 52.00kg	Up to 44.00kg
Up to 56.00kg	Up to 48.00kg
Up to 60.00kg	Up to 52.00kg
Up to 67.50kg	Up to 56.00kg
Up to 75.00kg	Up to 60.00kg
Up to 82.50kg	Up to 67.50kg
Up to 90.00kg	Up to 75.00kg
Up to 100.00kg	Up to 82.50kg
Over 100.00kg	Over 82.50kg

A total of 200 athletes, 120 men and 80 women, may take part in the Powerlifting competition. For details of the qualification requirements, [see p17](#).

## The rules

The Powerlifting competition will be held in accordance with the editions of the following documents that are in force at the time of the Games:

- IPC Powerlifting Rules  
available at [www.ipc-powerlifting.org/Rules](http://www.ipc-powerlifting.org/Rules)
- The IPC Handbook and Paralympic Charter  
available at [www.paralympic.org](http://www.paralympic.org)

IPC Powerlifting, working with LOCOG Powerlifting competition management, will be responsible for the technical control and direction of the Powerlifting competition at the London 2012 Paralympic Games.

## Clothing and equipment

Clothing and equipment used by athletes and other participants in the Powerlifting competition at the Paralympic Games must comply with the documents listed below.

- IPC Powerlifting Rules (available at [www.ipc-powerlifting.org/Rules](http://www.ipc-powerlifting.org/Rules))
- The IPC Handbook and Paralympic Charter (available at [www.paralympic.org](http://www.paralympic.org))
- The IPC Manufacturer Identification Guidelines for the London 2012 Paralympic Games (available at [www.paralympic.org](http://www.paralympic.org))

## Competition format

In each Powerlifting event, each athlete will be allowed three (3) attempts to bench-press as much weight as possible. The order of calling for the athletes within each round will be determined by the athlete's choice of weight for the round. The chosen weights must be in multiples of 1 kg, with the exception of attempts at new records, which may be broken by 0.5kg.

In accordance with IPC Powerlifting rules, each athlete will have two (2) minutes to complete each attempt. If an athlete wishes to attempt a new record, they may make a fourth (4th) attempt. If they are following on directly from their own lift, they will have three (3) minutes to complete the attempt. Otherwise, the two (2)-minute rule still applies.

### Weigh-in

The weigh-in for each bodyweight category will be conducted by officials from IPC Powerlifting at the competition venue from two (2) hours before the start of each medal event, and last a maximum of 90 minutes. Each weigh-in will be conducted in the presence of three (3) referees appointed to that bodyweight category. If any athlete fails to make the bodyweight of the category in which he or she is officially entered, he or she will be excluded from the competition.

## The venue

The Powerlifting competition will be held in ExCeL, one of Europe's largest and most versatile exhibition spaces. Since it opened in 2000, ExCeL has hosted a wide variety of events, from sporting competitions to political conferences. The venue was greatly expanded in 2010, and now contains nearly 100,000 square metres of exhibition space. The gross capacity of the arena for the Powerlifting competition will be 8,000. ExCeL is located at the Royal Victoria Dock in east London, close to the Olympic Park.

The field of play for the Powerlifting competition at ExCeL will contain one (1) competition platform and one (1) bench. The warm-up area will be behind the podium. The field of play and all equipment will be presented in accordance with IPC Powerlifting rules.

### Facilities

Facilities at the competition venue will include:

- changing rooms (separate facilities for men and women)
- lounges for athletes and officials
- catering services
- internet access in designated areas
- athlete relaxation area
- a mixed zone, where accredited media may conduct interviews with athletes after competition
- a Sport Information Desk (for details, [see p14](#))
- medical facilities (for details, [see p28](#))
- a wheelchair and prosthesis repair station
- a doping control station (for details, [see p13](#))

### Wheelchair and prosthesis repair station

All sports at ExCeL will share a wheelchair and prosthesis repair station, which will offer a range of services tailored to the mobility equipment used by the athletes competing at ExCeL. The repair station will be operational from 29 August 2012, one (1) day before competition at the venue begins, until 8 September 2012, the final day of competition. Services will be offered every day from one (1) hour before the start of competition at ExCeL until one (1) hour after competition ends. More complex repairs will be referred to the main repair facility in the Paralympic Village.

## Classification

The purpose of the Paralympic sport classification system is to minimise the impact of impairment on the outcome of competition, so that the athletes who succeed in competition are those with the best anthropometry, physiology and psychology and who have enhanced them to best effect through hard training and quality coaching. To achieve this, athletes are grouped into classes according to how much their impairment impacts on their sport-specific performance.

### Responsibilities of the NPCs

It is the collective responsibility of each athlete and their NPC, through the Chef de Mission and the relevant team officials, to be informed about and comply with all classification policies and procedures relating to the London 2012 Paralympic Games and each IPSF's classification rules. Each NPC is also responsible for ensuring that international classification resulting in a sport class status of Review or Confirmed is obtained for all athletes who are intending to participate in the London 2012 Paralympic Games.

For the first time at a summer Paralympic Games, an online entries system will be used by NPCs to enter their athletes. This system will be pre-populated with sport class and sport class status information from the Classification Master Lists (CMLs) that will be provided by IPSFs and will cover each athlete submitted for accreditation to the Paralympic Games. The online entries system will be opened to NPCs on 1 July 2012. NPCs are encouraged to do their utmost to ensure their athletes are classified before 15 June 2012.

The CML will include all available information on the class and class status of all athletes who are intending to compete at the London 2012 Paralympic Games. The NPCs are responsible for verifying the classification status of their athletes before their Delegation Registration Meeting (DRM) in London, on the basis of the CML published by the relevant IPSF.

### Classification procedures

The London 2012 Paralympic Games Classification Guide outlines the detailed classification policies and procedures that will apply during the London 2012 Paralympic Games. The guide is available on The Exchange at <https://theexchange.london2012.com>. For more information on the classification rules specific to Powerlifting, see [www.ipc-powerlifting.org/Classification](http://www.ipc-powerlifting.org/Classification)

## Doping control

Under the direction of the IPC, LOCOG will be responsible for implementing the doping control programme during the London 2012 Paralympic Games. The programme will be carried out in accordance with the IPC Anti-Doping Code, and will comply with the World Anti-Doping Code and its relevant International Standards.

Every athlete may be selected to undergo one or more doping control tests during the period of the Paralympic Games, defined here as running from 22 August (the day the Paralympic Village opens) to 9 September (the day of the Closing Ceremony).

Testing selection during the period of the Paralympic Games will be the responsibility of the IPC, and will include both in- and out-of-competition testing through the collection of urine and/or blood samples. Testing will be conducted at doping control stations set up at all competition venues and Villages. All sample analysis will be performed in a WADA-accredited laboratory established for the Games. For more information on doping control procedures, refer to the London 2012 Paralympic Games Doping Control Guide, available on The Exchange (<https://theexchange.london2012.com>).

## Sport information

### Sport Information Desks

Sport Information Desks (SIDs) will be located at all competition venues and at the Sport Information Centre (SIC) in the Paralympic Village. The desks will provide a variety of services to teams, as follows:

- The dissemination of general sport information, through sport publications (at the Sport Information Centre only) and through discussions with sport-specific staff.
- The distribution of results, draw/start lists and other key competition information, including schedule updates where required.
- The provision of training schedule information and, where available, assistance with booking and changing training sessions.
- The distribution of classification evaluation results and the opportunity for NPCs and Chief Classifiers to submit classification protests and appeals. For full details of classification, please refer to the Classification Guide, available on The Exchange.
- Assistance with the communication of key information from international federations and LOCOG to teams.

In addition, the SIC will also provide information on transport services at the Games and a facility for team radio frequency checks.

The SIC will open on 22 August 2012, the day the Paralympic Village opens, and will be open every day throughout the Games. The opening hours will be as follows:

SIC opening hours	
22–23 August 2012	08:00 – 20:00
24 August – 9 September 2012	07:00 – 23:00
10–12 September 2012	09:00 – 18:00

### Info+

Info+ is the new, improved version of INFO, the official Games information system, and will go live five days prior to the Paralympic Games Opening Ceremony. The system will offer a range of content in both English and French, as follows:

<b>Games results</b>	Competition results viewable by sport, date and country, including entry lists, start lists and additional sport-specific reports
<b>Games news</b>	Flash quotes, press conference highlights, sport previews, news articles, statistics-driven reports, media communications and IPC news
<b>Biographies</b>	Athlete biographies, team profiles, coach profiles and NPC profiles
<b>Medals</b>	Medal standings by sport, overall medal standings, medallists by day and medallists by sport/event
<b>Schedules</b>	Competition and non-competition schedules, including press conferences, IPC activities and the Cultural Olympiad
<b>Background</b>	Historical data, statistics, competition formats and rules, qualification criteria and venue descriptions
<b>Records</b>	World and Paralympic records, including current records, record holders and new or equalled records
<b>Transport</b>	Transport schedules and maps
<b>Weather</b>	Real-time weather conditions and forecasts
<b>Message board</b>	Public forums for internal communication managed directly by authorised Info+ users, including the IPC, LOCOG, NPCs, IPSFs and future Paralympic Games Organising Committees

**myInfo+**

myInfo+ is the new service that will allow users access to Info+ from their own PC or laptop. Access will be available to users with an account (purchased via Rate Card) wherever there is access to the internet, and will include the same information available at dedicated Info+ workstations. Additional features include user customisation (for example, by sport), message alerts, bookmarking, hyperlinking to other key websites, downloadable results books, the ability to copy and paste from results and news reports, and portability.

Info+ workstations will be available at the following venues:

- NPC offices with delegations of more than 25 people.
- Competition venues in team and athlete areas (note that there will not be Info+ workstations at SIDs, although they will be equipped with a myInfo+ account).
- The Paralympic Village: the NPC Services Centre, the Polyclinic, the Village Protocol Office, Resident Centres, the SIC and the Welcome Centre.
- Resident Centres in the Paralympic Rowing Village and the Paralympic Sailing Village.
- Paralympic Family hotels.

**Medals and diplomas**

Medals and diplomas will be awarded in each event of the Powerlifting competition as follows:

- First place  
A silver gilt medal and a diploma.
- Second place  
A silver medal and a diploma.
- Third place  
A bronze medal and a diploma.

Diplomas will be awarded based on the number of participants in each event, as follows:

Participants	Diplomas
6	5 (1st to 5th places)
7	6 (1st to 6th places)
8	7 (1st to 7th places)
9 or more	8 (1st to 8th places)

## Powerlifting competition schedule

<b>30 August 2012 (Day 1), ExCel</b>		
<b>PO01</b> 15:00 – 16:30	15:00 – 15:35	Men's -48kg: group B
	15:35 – 16:30	Men's -48kg: group A, victory ceremony
<b>PO02</b> 18:00 – 19:10		Women's -40kg: group A, victory ceremony
<b>31 August 2012 (Day 2), ExCel</b>		
<b>PO03</b> 12:00 – 13:10		Women's -44kg: group A, victory ceremony
<b>PO04</b> 15:00 – 16:30	15:00 – 15:35	Men's -52kg: group B
	15:35 – 16:30	Men's -52kg: group A, victory ceremony
<b>PO05</b> 18:00 – 19:30	18:00 – 18:35	Men's -56kg: group B
	18:35 – 19:30	Men's -56kg: group A, victory ceremony
<b>1 September 2012 (Day 3), ExCel</b>		
<b>PO06</b> 12:00 – 13:10		Women's -48kg: group A, victory ceremony
<b>PO07</b> 15:00 – 16:10		Women's -52kg: group A, victory ceremony
<b>PO08</b> 18:00 – 19:30	18:00 – 18:35	Men's -60kg: group B
	18:35 – 19:30	Men's -60kg: group A, victory ceremony
<b>2 September 2012 (Day 4), ExCel</b>		
<b>PO09</b> 12:00 – 13:10		Women's -56kg: group A, victory ceremony
<b>PO10</b> 15:00 – 16:30	15:00 – 15:35	Men's -67.5kg: group B
	15:35 – 16:30	Men's -67.5kg: group A, victory ceremony
<b>PO11</b> 18:00 – 19:10		Women's -60kg: group A, victory ceremony
<b>3 September 2012 (Day 5), ExCel</b>		
<b>PO12</b> 12:00 – 13:10		Women's -67.5kg: group A, victory ceremony
<b>PO13</b> 15:00 – 16:10		Women's -75kg: group A, victory ceremony
<b>PO14</b> 18:00 – 19:30	18:00 – 18:35	Men's -75kg: group B
	18:35 – 19:30	Men's -75kg: group A, victory ceremony
<b>4 September 2012 (Day 6), ExCel</b>		
<b>PO15</b> 12:00 – 13:30	12:00 – 12:35	Men's -82.5kg: group B
	12:35 – 13:30	Men's -82.5kg: group A, victory ceremony
<b>PO16</b> 15:00 – 16:10		Women's -82.5kg: group A, victory ceremony
<b>PO17</b> 18:00 – 19:30	18:00 – 18:35	Men's -90kg: group B
	18:35 – 19:30	Men's -90kg: group A, victory ceremony
<b>5 September 2012 (Day 7), ExCel</b>		
<b>PO18</b> 12:00 – 13:30	12:00 – 12:35	Men's -100kg: group B
	12:35 – 13:30	Men's -100kg: group A, victory ceremony
<b>PO19</b> 15:00 – 16:10		Women's +82.5kg: group A, victory ceremony
<b>PO20</b> 18:00 – 19:30	18:00 – 18:35	Men's +100kg: group B
	18:35 – 19:30	Men's +100kg: group A, victory ceremony

# *Qualification and entry*



## Qualification and entry

The following information has been sourced from the 'London 2012 Paralympic Games Qualification Guide: Powerlifting', distributed by the IPC. NPCs should check online for regular updates to these qualification criteria, which will be made available to all NPCs on the IPC website:

[www.paralympic.org/Paralympic\\_Games/London\\_2012/Qualification\\_Criteria/](http://www.paralympic.org/Paralympic_Games/London_2012/Qualification_Criteria/)

## Eligibility

Every athlete wishing to compete at the Powerlifting competition in London must fulfil the following eligibility requirements:

- Athletes must be internationally classified with a 'Confirmed' sport class status.
- Athletes must hold an active IPC Powerlifting Athletes License for the 2012 season.
- Athletes must have achieved the Minimum Qualifying Standard (MQS) at an IPC-recognised competition (IPC competition, IPC-sanctioned competition, IPC Powerlifting-approved competition) for their respective event between 1 January 2010 and 27 February 2012, in accordance with the IPC Athletes Licensing Programme policy valid for the 2010–2012 seasons.

Minimum qualification standards	
Event	MQS
<b>Men</b>	
Up to 48.00kg	105kg
Up to 52.00kg	115kg
Up to 56.00kg	125kg
Up to 60.00kg	135kg
Up to 67.50kg	142.5kg
Up to 75.00kg	150kg
Up to 82.50kg	157.5kg
Up to 90.00kg	165kg
Up to 100.00kg	172.5kg
Over 100.00kg	180kg
<b>Women</b>	
Up to 40.00kg	57.5kg
Up to 44.00kg	60kg
Up to 48.00kg	62.5kg
Up to 52.00kg	65kg
Up to 56.00kg	67.5kg
Up to 60.00kg	70kg
Up to 67.50kg	72.5kg
Up to 75.00kg	77.5kg
Up to 82.50kg	82.5kg
Over 82.50kg	87.5kg

## Nationality

Every athlete at the Paralympic Games must be a national of the country of the NPC that is entering him or her, and must comply with the provisions of the IPC Athlete Nationality Policy. The IPC Governing Board will resolve all disputes relating to the determination of the country/territory that a competitor may represent in the Paralympic Games. For full guidance on determining the nationality of athletes, please refer to Chapter 3.1 of Section 2 (titled 'Rules, Regulations, Codes, Policies') of the IPC Handbook, available online at [www.paralympic.org](http://www.paralympic.org)

## Qualification

Qualification slots at the Powerlifting competition will be allocated in several ways, summarised below:

Qualification slots		
Qualification method	Men	Women
MQS List allocation	100	60
Bipartite Commission invitation allocation	20	20
<b>Total</b>	<b>120</b>	<b>80</b>
	<b>200</b>	

Qualification slots are allocated to individual athletes, not to NPCs. By 29 February 2012, all NPCs with athletes ranked in more than one (1) event must declare in writing to IPC Powerlifting the event for which the athlete wishes to be considered for a qualification slot. In the case that an NPC does not make this declaration, IPC Powerlifting will only consider the event in which the athlete is ranked highest.

Each NPC can be allocated a maximum of one (1) qualification slot per event, and a maximum of eight (8) eligible male athletes and eight (8) eligible female athletes across all events. Exceptions may be granted through the Bipartite Commission invitation allocation method.

### **MQS List allocation: 100 men, 60 women**

Taking into full account the maximum entry per NPC, the 10 top-ranked male athletes and the six (6) top-ranked female athletes in each weight category listed on the IPC Powerlifting MQS List from 1 January 2010 and closing 27 February 2012 will qualify.

### **Bipartite Commission invitation allocation: 20 men, 20 women**

Two (2) eligible male athletes and two (2) eligible female athletes per event will be considered by the IPC and IPC Powerlifting for a Bipartite Commission invitation qualification slot. To be considered for a Bipartite Commission Invitation, NPCs must submit an official application in writing to the IPC.

### **Confirmation and reallocation of qualification slots**

By 26 March 2012, each NPC must confirm to IPC Powerlifting in writing the number of qualification slots they will use. NPCs that have not replied by this date will lose their qualification slots, which may be reallocated by IPC Powerlifting.

By 9 April 2012, IPC Powerlifting will confirm in writing the reallocation of all unused qualification slots. By 9 April 2012, it is officially declared that the respective NPCs will use the allocated quota granted for the London 2012 Paralympic Games. Any NPC that does not use some or all of its allocated qualification slots may be subject to sanctions by the IPC.

Any qualification slots that are not used by an NPC will be reallocated through the Bipartite Commission invitation allocation method.

## Entries

### Verification of qualification standards

The verification of the qualification standards listed above will be carried out by LOCOG and IPC Powerlifting throughout the qualification period. For a full qualification and entries timeline, see below.

### Sport Entries

Entries for the London 2012 Paralympic Games will be submitted by NPCs through a new online sport entries and qualification system (ePEQ). Instructions for the use of ePEQ will be distributed to NPCs in January 2012. All entries must be submitted to LOCOG using the online entries system by midnight, UK time (GMT +1), on 6 August 2012.

### IPC Eligibility Code Form

All athletes competing at the London 2012 Paralympic Games, along with team officials accredited in categories Aa, Ab, Ac, Am, Ao, As, P and NPC (horse owner), must complete and sign a copy of the IPC's Eligibility Code Form. The form must be signed by a representative from the athlete's NPC. If the athlete is under the age of 18 and/or if the athlete, as a result of intellectual impairment, has been the subject of any procedure under the athlete's national legislation and regulation whereby a trustee, guardian or like person has been appointed to take care of their legal affairs or enter into contracts for them, the form must also be counter-signed by the athlete's parent/legal guardian. The IPC Eligibility Code Form will be distributed electronically to NPCs, and must be printed, signed and returned in electronic or paper form to LOCOG no later than 6 August 2012.

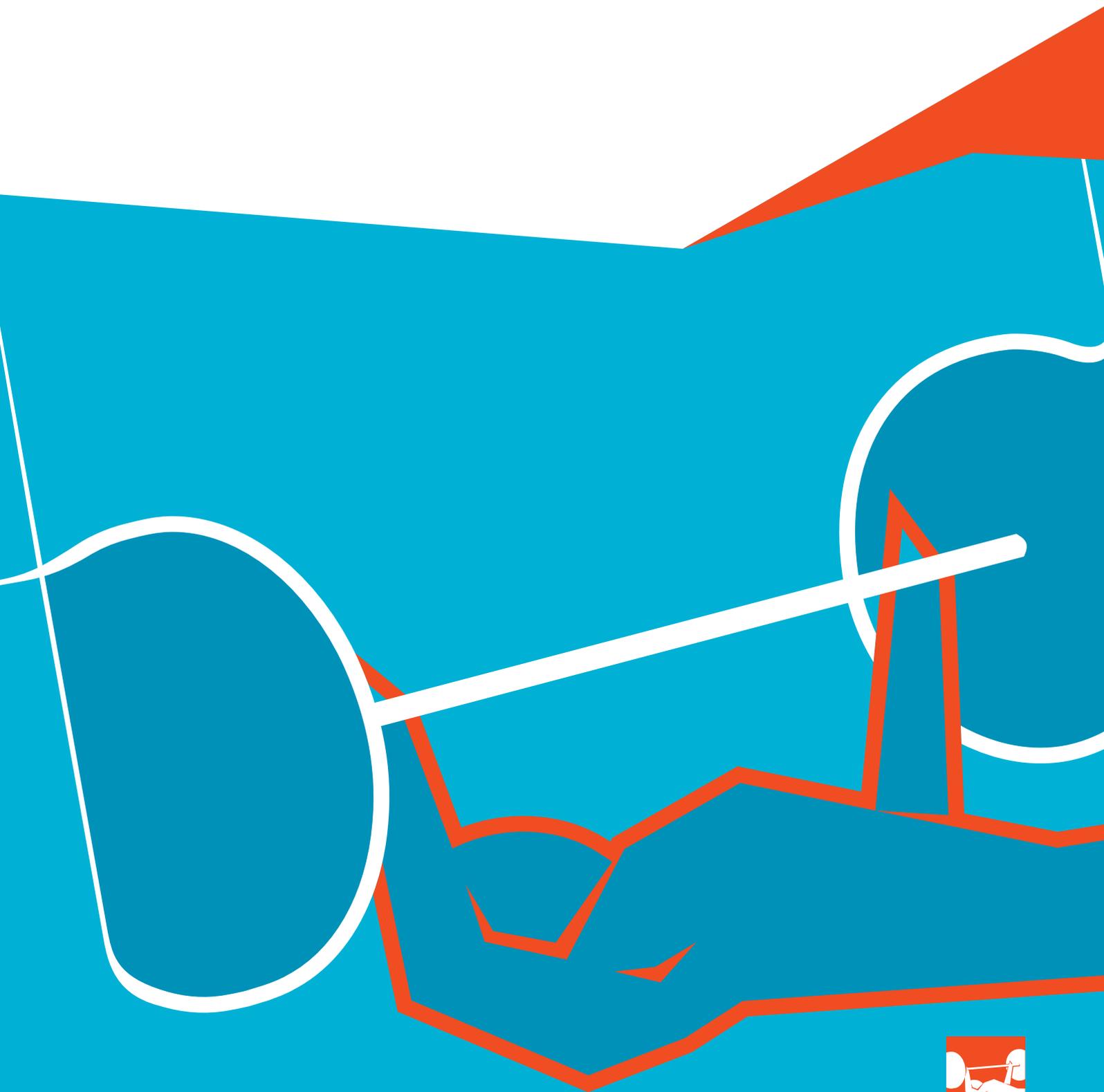
### Athlete substitution

All substitutions requested by NPCs after the final entries deadline of 6 August 2012 and before the NPC Delegation Registration Meeting (DRM) shall follow the IPC-LOCOG late substitution policy. Details of the late substitution policy for the London 2012 Paralympic Games will be included in the Paralympic Sport Entries Manual, which will be distributed to NPCs in January 2012. No substitutions will be permitted after the DRM.

## Timeline for qualification and entries

1 January 2010	Start of the period for athletes to attain performances to be recorded on the IPC Powerlifting MQS List
6 February 2012	Start of the Bipartite Commission invitation application process
27 February 2012	End of the period for athletes to attain performances to be recorded on the IPC Powerlifting MQS List
29 February 2012	NPCs with athletes ranked in more than one (1) event must declare in writing to IPC Powerlifting the event for which the athlete wishes to be considered for a qualification slot
12 March 2012	IPC Powerlifting notifies NPCs in writing of the list of qualified athletes
	Deadline for NPCs to submit Bipartite Commission invitation applications to IPC Powerlifting
26 March 2012	NPCs confirm in writing to IPC Powerlifting the use of qualification slots
9 April 2012	IPC Powerlifting confirms in writing the reallocation of unused qualification slots and the awarding of Bipartite Commission invitations
20 April 2012	Deadline for LOCOG to receive accreditation application forms submitted by NPCs
6 August 2012	Deadline for LOCOG to receive sport entry forms submitted by NPCs

# *Training*



## **Powerlifting training**

Training for the Powerlifting competition will take place at ExCeL, in a training area next to the competition venue. All training equipment will be approved by IPC Powerlifting, and will comply with the IPC Manufacturer Identification Guidelines.

The training venue will be open from 09:00 to 19:00 every day from 22 August 2012, the day the Paralympic Village opens, until the end of the Powerlifting competition. NPCs will be pre-allocated training sessions of two (2) hours each day, with the number of platforms dependent on the number of athletes. NPCs will not be allowed to choose their training times on each day: the sessions will be allocated to NPCs on a strict rotation (09:00–11:00, 11:00–13:00, 13:00–15:00, 15:00–17:00, 17:00–19:00).

For a list of the facilities at ExCeL, [see p12](#).

# *General information*



## Accreditation

Accreditation is the process of identifying individuals and their roles at the Paralympic Games, while ensuring that they are granted appropriate access to fulfil their roles. A basic summary of the Accreditation process is given below; full details will be provided in the Accreditation application materials that will be distributed by LOCOG to NPCs in January 2012.

### Accreditation timeline

Applications for accreditation must be received by LOCOG no later than 20 April 2012 in order for NPCs to receive the Pre-Valid Cards before their delegations' departure for the Games. A complete accreditation application is composed of a completed Accreditation Application Form and an acceptable photograph.

### Eligibility Conditions Form

As required by the IPC Handbook, each athlete and team official (all individuals in the A Accreditation category, including Aa, Ac, and Ao) must complete an IPC Eligibility Code Form, acknowledging his/her compliance with IPC and IPSF rules regarding Games participation. Eligibility Code Forms signed by participating athletes and team officials must be received by LOCOG before 20 August 2012. Without a signed form, an athlete will not be able to compete and team officials will not be eligible for accreditation at the London 2012 Paralympic Games.

Key accreditation dates for athletes, team officials and dignitaries	
January 2012	LOCOG distributes NPC Accreditation/Sport Entries application material, Dignitary Accreditation Request Forms, IPC Eligibility Code Forms and other materials to NPCs by courier
20 April 2012	Deadline for NPCs to submit completed Accreditation Application Forms for categories NPC, NPC**, Aa, Ac, Ao, and P to LOCOG
June 2012	LOCOG distributes Pre-Valid Cards to NPCs following the Pre-Delegation Registration Meetings (Pre-DRMs)
1 July 2012	Online Sport Entries system opens ( <a href="#">see p20</a> )
6 August 2012	Deadline for NPCs to submit their online entries to LOCOG
20 August 2012	Deadline for NPCs to submit their IPC Eligibility Code Forms to LOCOG

### Pre-Valid Cards

Following data verification and the Pre-DRMs, LOCOG will produce and send Pre-Valid Cards to each NPC by June 2012 for all Accreditation categories.

In accordance with the IPC Handbook and relevant UK legislation, a Pre-Valid Card, along with a passport, will serve as an official entry document to enter the UK between 30 March 2012 and 8 November 2012 with a period stay not exceeding six (6) months from first entry. No additional entry visa will be required during this period.

The Pre-Valid Card will be valid for multiple entries, provided it is accompanied on each occasion by a passport. The passport that is used for an application must be the same document that is used to travel and must be valid until 8 November 2012.

## Accreditation card validation

Upon arrival in London, delegation members holding Pre-Valid Cards may have their cards validated (providing the Delegation Registration Meeting (DRM) is complete) at one of the accreditation facilities to gain access to the Paralympic venues and Villages once they open.

Delegation members must present the passport indicated by the NPC on the Accreditation Application Form to complete the validation process at an accreditation facility. Any changes to passport data after data submission and prior to arrival must be communicated to LOCOG immediately to expedite the validation process. Failure to do this may invalidate the Pre-Valid Card for entry into the UK. Only once the Pre-Valid Card is validated does it become an official Paralympic Identity and Accreditation Card (PIAC).

## Accreditation facilities

Accreditation Centres and Venue Accreditation Help Offices (VAHOs) will be located at strategic locations at official Paralympic venues. Please note that the validation counters at London Heathrow Airport (International Terminals) will offer accreditation validation services only: there will be no additional accreditation facilities at any other UK airports or borders.

Accreditation facility	Location	Population	Services
Paralympic Village Accreditation Centre	Stratford	NPCs and IPSFs	Full service*
Paralympic Rowing Village Accreditation Centre	Egham		
Paralympic Sailing Village Accreditation Centre	Weymouth and Portland		
Paralympic Family Hotel	Grange St Paul's	Paralympic Family	Full service*
Four (4) validation counters	London Heathrow Airport (International Terminals)	All	Card validation only
Venue Accreditation Help Offices (VAHOs)	One near each competition venue	All	Validation, Day Pass, problem resolution, reissuing for lost/stolen card(s)
Media Accreditation Centre	IBC/MPC	Press and Broadcast	Full service*
Uniform Distribution and Accreditation Centre (UDAC)	West Ham	Workforce	Full service*

\* Full service covers card validation, card production, problem resolution and reissuing for lost/stolen card(s).

## Tickets and accredited seating

### Games-time ticket sales

At Games time, available tickets may be purchased through [london2012.com](http://london2012.com) or at any of the locations below:

- Paralympic Village ticket box office
- Client Group Centre Sales office (location to be confirmed)
- Competition venue ticket box offices

### Complimentary sport tickets

Athletes and team officials may access the Athletes' Stand during their own discipline's competitions without a ticket, upon presentation of their PIAC. In order to watch competitions at venues in disciplines other than their own, athletes and team officials may require a ticket for some anticipated high-demand sessions.

NPC Chefs de Mission may request complimentary sport tickets for their delegation members a day before the event through the electronic ticket request system on The Exchange. Complimentary tickets are limited in number, and demand is expected to exceed supply for many of the venues. NPC Services will allocate tickets according to availability, delegation size and an NPC's participation in the relevant sports. Chefs de Mission, or their ticketing proxy card holders, will be able to collect tickets from the NPC Services Centres in the Paralympic Village the evening before the sessions.

### Accessible seating

Accessible seating and services will be available in all London 2012 venues. Provisions will also be made for persons with visual or hearing impairment subject to availability. NPCs and Authorised Ticket Resellers (ATRs) already have the opportunity to request wheelchair and amenity seats on the Client Ticketing Portal (CTP). It is important that the appropriate types of ticket are ordered, as there will be limited opportunities to exchange tickets for accessible seating tickets at Games time. These exchanges would be on an availability-only basis and subject to variation in price.

## Accommodation

During the London 2012 Paralympic Games, LOCOG will provide three (3) Villages, which will accommodate 7,000 athletes and team officials (the Paralympic Village, the Paralympic Rowing Village and the Paralympic Sailing Village). In addition to this, grooms will reside in specific grooms' accommodation.

A brief summary of the Paralympic Village is given below. For details of medical services at all Villages, [see p28](#).

### Paralympic Village

The Paralympic Village will be located within the Olympic Park in east London, near to a large number of competition and training venues and just a seven (7)-minute train journey from central London. The Village will officially open on 22 August 2012 at 08:00 and will close on 12 September 2012 at 18:00.

The Paralympic Village will contain a Village Plaza and a Residential Zone. The Residential Zone is a restricted area for residents and their guests who have 'R' on their PIAC. It contains the accommodation, recreation and dining facilities, and transport links to the competition and training venues. The two (2) zones will be separated by internal fencing and access control.

All athletes and team officials should first arrive at the Welcome Centre, where luggage and appropriate equipment will be screened. An accreditation centre will be located in the Welcome Centre, which is also where the DRMs will take place.

### Accommodation

Athletes and team officials will be accommodated in newly constructed permanent buildings, ranging in height from seven (7) to 13 levels. However, in order to minimise the use of lifts, NPCs will be accommodated on levels one (1) to five (5), including the ground floor. The buildings will contain a combination of apartments (with four (4), six (6) or eight (8) beds) and self-contained townhouses. All apartments will have social spaces with soft furnishings, a coffee table, a television with Paralympic feed and free internet access.

### Resident centres and services

Each of the 11 residential blocks will have a resident centre that will provide a hotel-like front-desk service to assist with the resolution of issues relating to accommodation services in the Village. The centres will be able to assist with housekeeping requests, maintenance issues and lost keys, and will also provide a concierge service, Info+ terminals, internet access, and a lounge and meeting facilities. A free-of-charge serviced laundry will be provided for all residents in the Paralympic Village.

LOCOG will provide a multi-faith centre for worship and meditation. The centre will contain representatives of Buddhism, Christianity, Hinduism, Islam and Judaism, and will also provide support and links to other religions and faiths.

### Food services

The Main Dining Hall will be located adjacent to the Transport Mall in the Residential Zone and will be open 24 hours a day. The dining facility will be configured to meet the specific needs of Paralympic residents, including greater space to provide better circulation areas and a wheelchair parking area. Additional dining options in the Village will include four (4) 'grab and go' carts, an outdoor dining area and the Village Plaza café.

Athlete Venue Meals (AVMs) will be available for athletes and team officials who will be away from the Village for competition and training for more than four (4) hours. The meals will be prepared on site for collection at the athlete lounge.

### Resident entertainment and recreation

An athlete lounge, an entertainment area, a DVD lounge, an internet lounge and an electronic games room will be available to Village residents for relaxation and entertainment. All recreational facilities will be open 24 hours a day.

### Athlete fitness and sport recreation

The Paralympic Village will contain recreational sports facilities for general use, but it should be noted that all sport-specific training facilities will be located outside the Village. The in-Village recreational facilities will include playing fields (with general grass areas), courts (including basketball, tennis and five-a-side football) and an artificial grass pitch, and will be designed to suit general fitness activities.

In addition, the Village will contain a gymnasium with a significant selection of cardiovascular equipment and free weights, and space for stretching and warming up/down. There will also be plenty of safe places for jogging, both within the Village and in the Village-specific jogging area to the west of the Village. These facilities will operate 24 hours a day except when temporarily closed for cleaning or maintenance.

### Village Plaza

LOCOG has designed this area as a significant focal point of the Village. Retail outlets and services will include banking, shipping and postal services, a calling centre, an internet centre (with free internet access for residents), dry cleaning and laundry services, a general store and a ticket office. The plaza will act as an interface with athlete-specific entertainment areas and support services such as the internet lounge and the Village Plaza café. All Team Welcome Ceremonies will take place in the Village Plaza.

### Repair services at the Paralympic Village

The Paralympic Village will offer a wheelchair, orthotic and prosthetic repair centre, which will operate once the Village opens to athletes and team officials.

### **NPC Services Centre**

The NPC Services Centre will be located in the Residential Zone and is designed to centralise and facilitate communication and services between LOCOG and NPCs. Along with the front desk, which will assist with general information, mail distribution, meeting room bookings, the distribution of participation medals and certificates and selected other services, the NPC Services Centre will provide assistance with certain aspects of the arrivals and departures process, catering, customs and freight forwarding, Rate Card, transport and finance. The IPC will also have offices in the centre. Adjoining the NPC Services Centre is the Sport Information Centre ([see p14](#)).

## **Medical services**

Hospital and ambulance services will be provided free of charge by the UK National Health Service (NHS) from 20 August to 12 September 2012 for acute illnesses and injuries or acute exacerbations of pre-existing illnesses or injuries. Treatment of stable, pre-existing conditions will not be covered under this agreement. Paralympic Family members covered under the agreement will include all NPC, A and P accreditations.

A basic summary of medical services at the Games is given below; full details will be provided in the Health Care Guide, which will be distributed by LOCOG to NPCs no later than six (6) months before the Games.

### **Games-time medical services**

The Paralympic Village, Paralympic Rowing Village and Paralympic Sailing Village will have the following services available, or access to services as follows:

<b>Service</b>	<b>Paralympic Village</b>	<b>Paralympic Rowing Village</b>	<b>Paralympic Sailing Village</b>
Sports medicine	yes	yes	yes
Imaging (MRI, CT, X-ray, ultrasound)	yes	yes, only ultrasound*	yes, only ultrasound*
Dental	yes	yes	yes
Pharmacy	yes	yes	yes
Primary care (family practice)	yes	yes	yes
Laboratory services	yes	n/a**	n/a**
Physiotherapy	yes	yes	yes
Podiatry	yes	n/a**	n/a**
Optometry	yes	n/a**	n/a**
Emergency services	yes	yes	yes
Overnight stay ward	yes	n/a*	n/a*
Specialist clinics, eg ENT, dermatology	yes	n/a***	n/a***
IPC Medical and Scientific Department offices	yes	n/a*	n/a*

\* Athletes who require MRI or CT will transfer back to the Paralympic Village or a local private hospital if urgent. X-rays will be available at a local private hospital.

\*\* Where a service is not available in these locations, it will be provided through private healthcare services free of charge.

\*\*\* Arranged as required with local healthcare providers.

The Polyclinics will be open from 20 August to 12 September 2012. Emergency services will be available 24 hours per day, and all other services will be available from 07:00 to 23:00 depending on demand. A number of services will be available on an on-call basis.

## Venue medical services

Medical facilities will be provided at competition, training and other official venues. Athlete and spectator services will be stocked with appropriate equipment, supplies and medication, and will be staffed by experienced medical personnel. Ambulances, staffed by paramedics and technicians, will be stationed at competition and some non-competition venues. All medical transport will be coordinated by LOCOG Medical Services.

## Competition and training venues

Emergency services and sports medicine for ill and injured athletes and team officials will be available at each competition and training venue. These services will be provided by physicians and therapists (physiotherapists and/or sports massage therapists).

## Field-of-play response

Athletes injured on the field of play during competition or training will be evaluated on site. If necessary, they will be retrieved from the field of play and transported to the athlete medical room, polyclinic or hospital as appropriate. Field-of-play response will abide by IPSF rules.

## Spectator medical services

Spectator medical services will be provided at competition venues for Paralympic Family members, press, broadcast, marketing partners, contractors, workforce and spectators. Physicians, nurses and first responders will provide this service.

## Paralympic Family hospitals

Athletes and team officials who require services beyond the capabilities of the Polyclinics will be transported to Homerton Hospital in London, or the designated hospital in all other competition towns and cities.

## Transport

The TA bus system will provide the following transport services for accredited athletes and team officials, including their accompanying baggage and sport equipment:

- Arrival and departure services between London Heathrow Airport and Paralympic Villages.
- Training and competition services between the Paralympic Villages and official competition and training venues.
- Inter-Village Connection Service (IVCS) connecting the Paralympic Village, the Paralympic Rowing Village and the Paralympic Sailing Village.
- Internal Village Transport System (IVTS) operating inside two (2) of the Villages to connect key locations inside the secure perimeter (the Paralympic Village and the Paralympic Rowing Village only).
- Different Discipline Spectating Athletes (DDA) services.
- Ceremonies services.
- Team sport services.

## TA training and competition venues

Athlete and team official training and competition transport services will be planned to enable:

- arrivals for warm-up and preparation pre-session;
- arrivals and departures during the session time;
- departures immediately after the session;
- departures after the session following warm-down; and
- other requirements, such as doping control procedures.

## Athlete Transport Mall to training venues

From 22 August 2012, regularly scheduled transport services will connect athletes to designated training venues. Services will run until the close of each sport's training session.

### **Athlete Transport Mall to competition venues**

Competition venue shuttles will start approximately three (3) hours prior to the start time of each event, with the last vehicle leaving the venue two (2) hours after each event.

### **Inter-Village Connection Service (IVCS)**

A daily IVCS will connect the Paralympic Village with the Paralympic Rowing Village, operating from 22 August to 5 September 2012, and a bookable IVCS will connect with the Paralympic Sailing Village, operating from 22 August to 8 September 2012. This will allow athletes and team officials to travel between the Villages, and to connect to services departing from the Transport Mall at the Paralympic Village.

### **Team sport vehicles**

Team sports for which buses will be provided include Football 5-a-side, Football 7-a-side, Goalball, Sitting Volleyball, Wheelchair Basketball and Wheelchair Rugby. Each team will be allocated a team bus (or buses, if required) with driver(s), to operate on a pre-agreed schedule for use during the training and competition period and cease 24 hours after the team's final competition. Buses may only be used to travel to official competition and non-competition venues. Where necessary, kit vans will be used to transfer equipment that cannot fit on the team bus.

### **NPC dedicated vehicles**

The number of dedicated vehicles allocated to each NPC will be confirmed at the DRM and will be based on the NPC delegation size.

### **Public transport**

NPC accredited clients will be entitled to travel free of charge on the following modes of transport within zones 1–9 of the London public transport network over the course of the Games:

- London Underground (Tube)
- London Overground (rail)
- Docklands Light Railway (DLR)
- bus
- rail
- tram

Please note that Heathrow Express, Gatwick Express and Stansted Express services are not included.

# Directory



## Venue

### Competition and training venue

#### ExCeL

One Western Gateway  
Royal Victoria Dock  
London, E16 1XL  
United Kingdom

## International Paralympic Committee (IPC) Powerlifting

The sport of Powerlifting is governed by the IPC and coordinated by the IPC Powerlifting Technical Committee, which was founded in 1989.

### IPC Powerlifting

Adenauerallee 212–214

53113 Bonn

Germany

tel: +49 (0)228 2097 275

fax: +49 (0)228 2097 209

URL: [www.ipc-powerlifting.org](http://www.ipc-powerlifting.org)

Sport Manager: Athena Charitaki

Sport Technical Committee Chairperson: Jon Amos

Sport Technical Committee Vice-Chairperson: Lt Cdr Kamaruzaman Kadir

## British Weightlifting

Founded in 1910 as the British Amateur Weight Lifters' Association (BAWLA), British Weightlifting was formed with the express purpose of bringing together all amateur weightlifters within the United Kingdom into a united, self-governing organisation. It is the governing body for all weightlifting competitions in the UK, for both able-bodied athletes and athletes with a disability, and promotes all aspects of the sport.

### British Weightlifting

110 Cavendish

Leeds Metropolitan University Headingley Campus

Headingley

Leeds, LS6 3QS

United Kingdom

tel: +44 (0)113 812 7098

email: [support@bwla.co.uk](mailto:support@bwla.co.uk)

URL: [www.britishweightlifting.org](http://www.britishweightlifting.org)

President: Louis Martin

Chairman: David Pendleton

Chief Executive Officer: Steve Cannon

## International Paralympic Committee (IPC)

The global governing body of the Paralympic Movement, the International Paralympic Committee (IPC) organises the Paralympic Games and serves as the IF for nine sports, for which it supervises and coordinates the World Championships and other competitions. The IPC is committed to enabling Paralympic athletes to achieve sporting excellence and to developing sport opportunities for all persons with a disability, from beginner to elite level. In addition, the IPC aims to promote the Paralympic values, which include courage, determination, inspiration and equality. Founded on 22 September 1989, the IPC is an international non-profit organisation formed and run by 170 National Paralympic Committees (NPCs) from five regions and four disability-specific international sports federations (IOSDs).

### International Paralympic Committee

Adenauerallee 212–214  
53113 Bonn  
Germany  
tel: +49 (0)228 2097 200  
fax: +49 (0)228 2097 209  
email: [info@paralympic.org](mailto:info@paralympic.org)  
URL: [www.paralympic.org](http://www.paralympic.org)

President: Sir Philip Craven MBE  
Chief Executive Officer: Xavier Gonzalez  
Paralympic Games Sport Manager: Jürgen Padberg  
Medical and Scientific Director: Dr Peter Van de Vliet

## London Organising Committee of the Olympic Games and Paralympic Games (LOCOG)

London won the right to stage the 2012 Paralympic Games on 6 July 2005. The London Organising Committee of the Olympic Games and Paralympic Games (LOCOG) is responsible for preparing and staging the Games in 2012. LOCOG's key partners include the Olympic Delivery Authority (ODA), which is responsible for building the new venues and infrastructure for the Games and their use after 2012; the Mayor of London, the Greater London Authority (GLA) and the broader GLA family; the Government Olympic Executive and Department for Culture, Media and Sport, part of the UK Government; the Nations and Regions Group, which ensures all parts of the UK benefit from the Games; the British Olympic Association; ParalympicsGB; the Olympic Park Legacy Company; and a variety of international and UK commercial partners.

### London 2012

One Churchill Place  
Canary Wharf  
London, E14 5LN  
United Kingdom  
tel: +44 (0)20 3 2012 000  
fax: +44 (0)20 3 2012 001  
URL: [london2012.com](http://london2012.com)

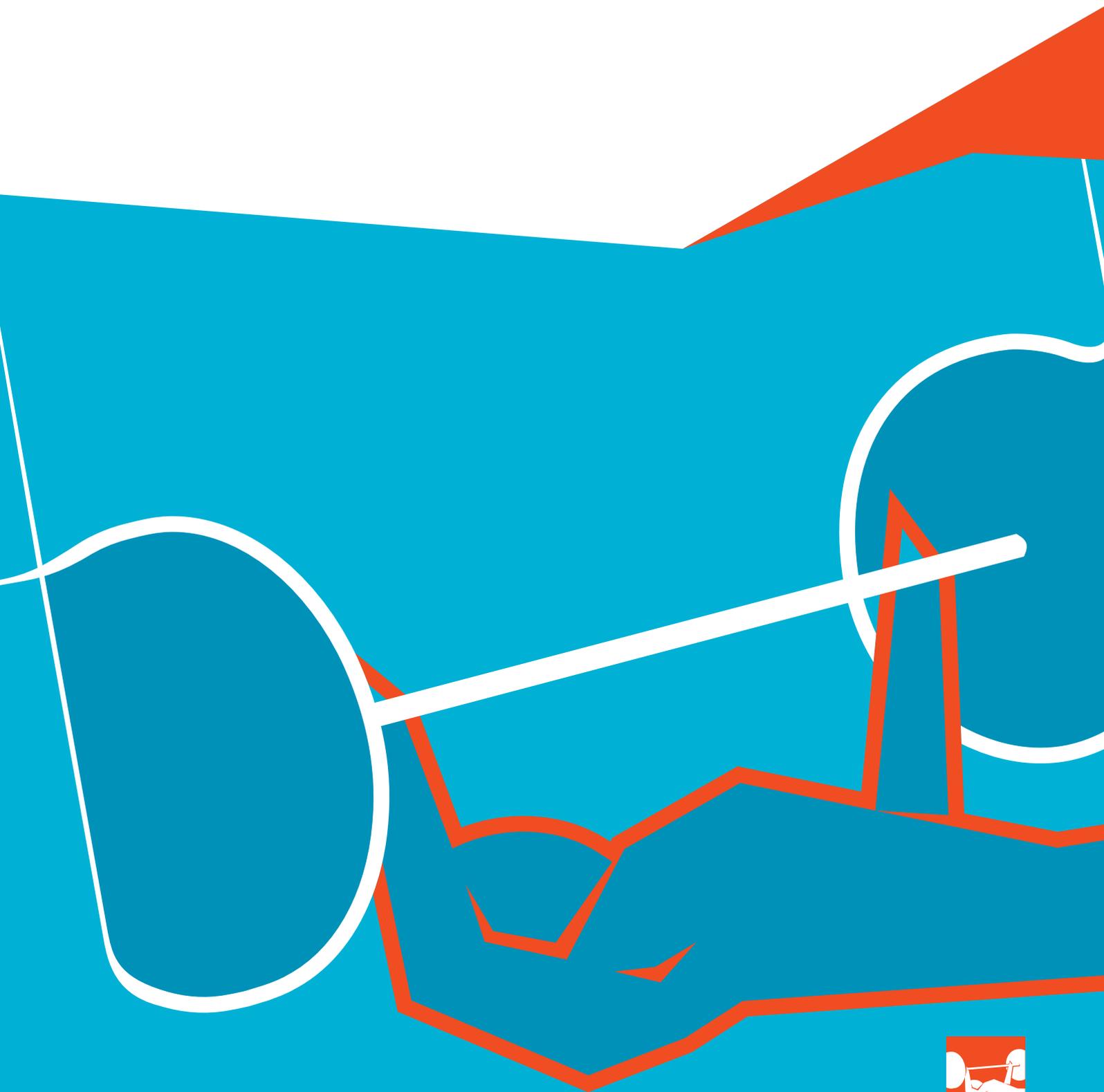
Chairman: Sebastian Coe  
Chief Executive: Paul Deighton  
Director of Sport: Debbie Jevans  
Head of NOC and NPC Services and Relations: James Macleod

NOC and NPC Services and Relations  
email: [noc-npc@london2012.com](mailto:noc-npc@london2012.com)

Matthew Curtain, Powerlifting Manager  
email: [matthew.curtain@london2012.com](mailto:matthew.curtain@london2012.com)



# Maps



# Powerlifting

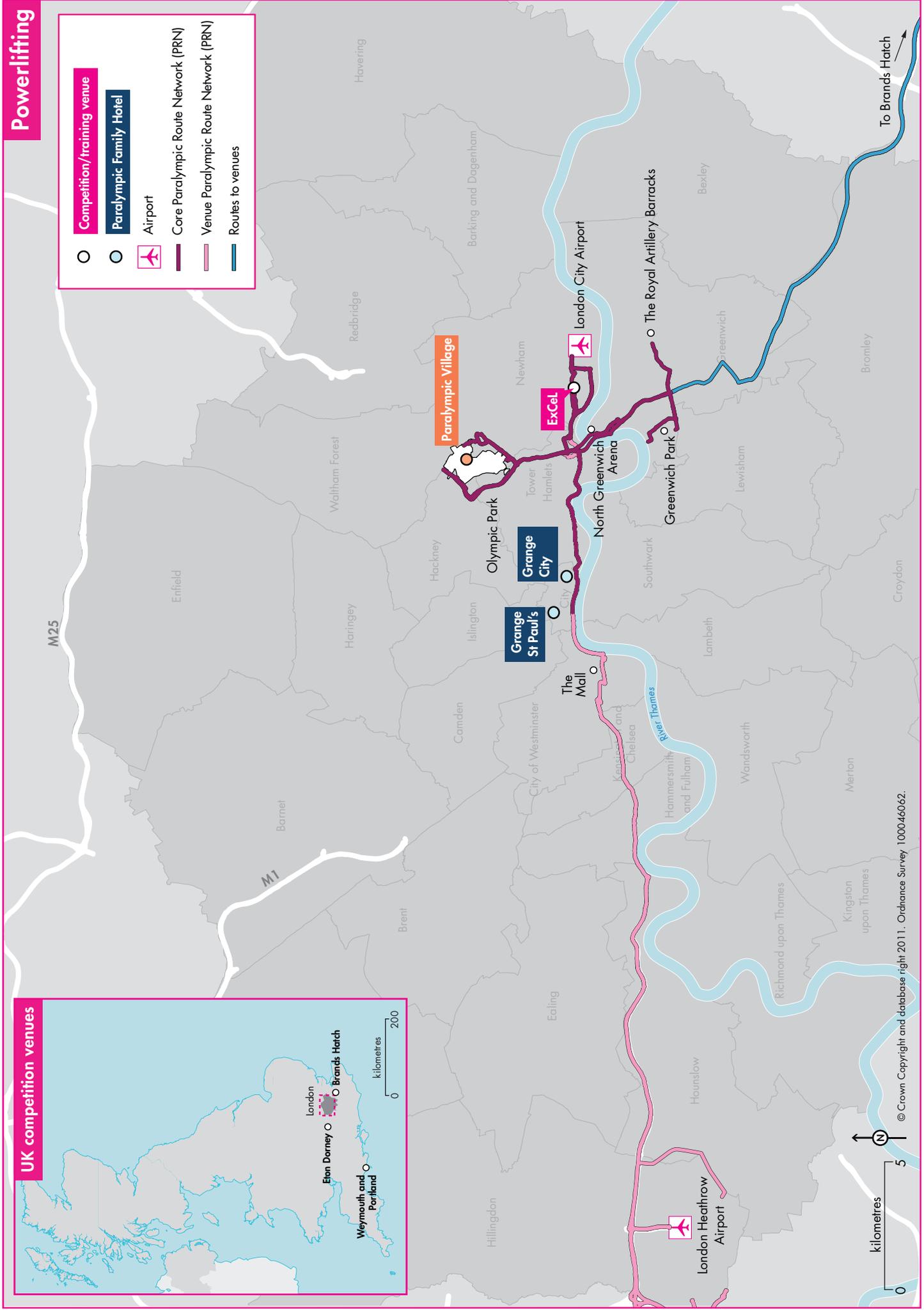
-  Competition/training venue
-  Paralympic Family Hotel
-  Airport
-  Core Paralympic Route Network (PRN)
-  Venue Paralympic Route Network (PRN)
-  Routes to venues

### UK competition venues

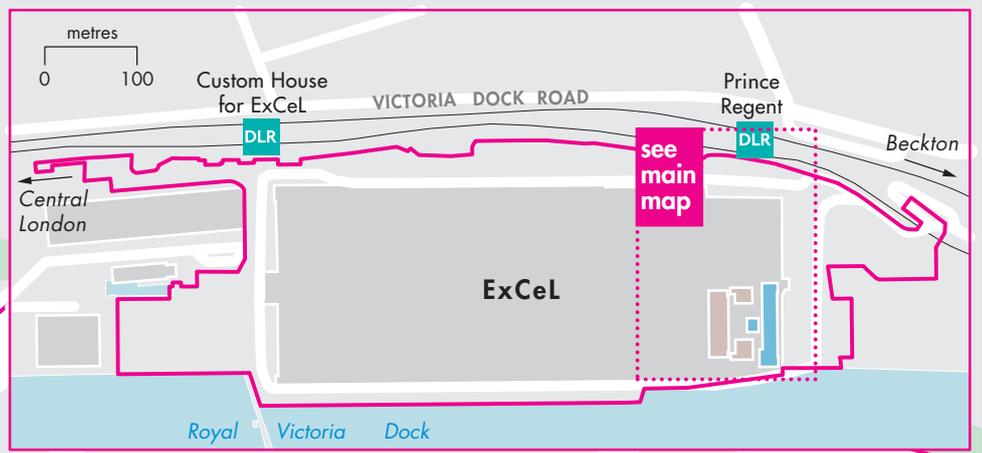


Weymouth and Portland  
Eton Dorney  
London  
Brands Hatch

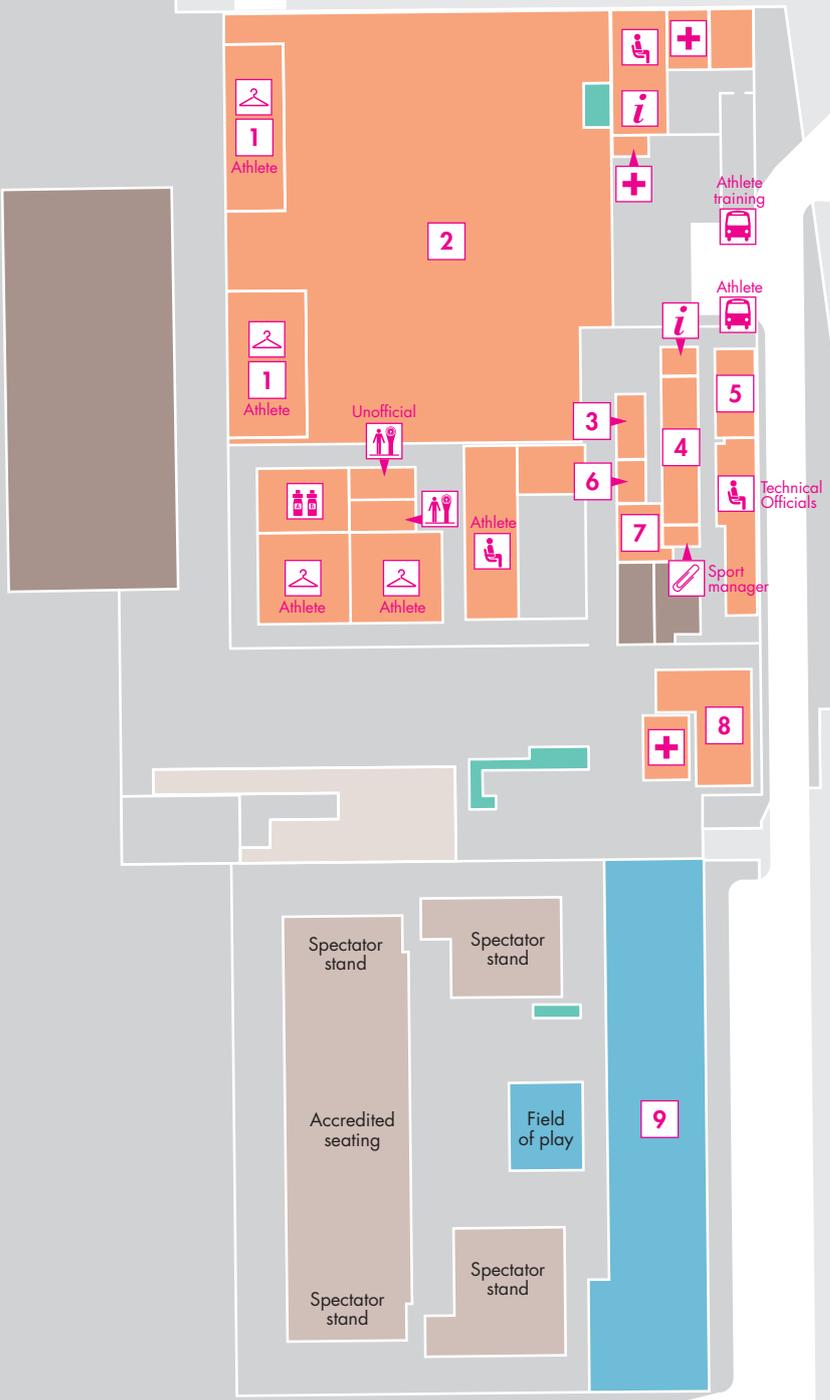
0 200 kilometres



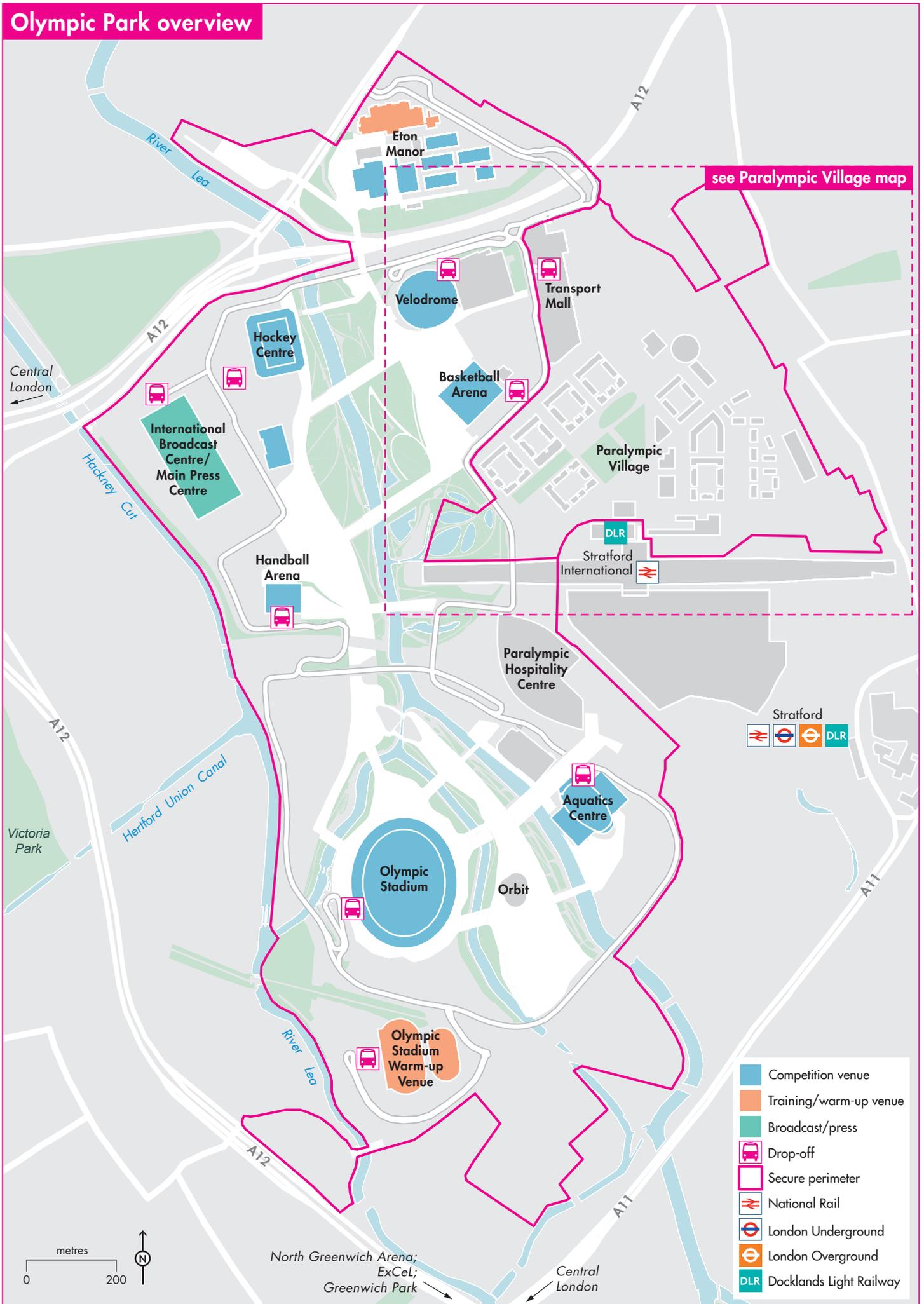
# Powerlifting – ExCeL



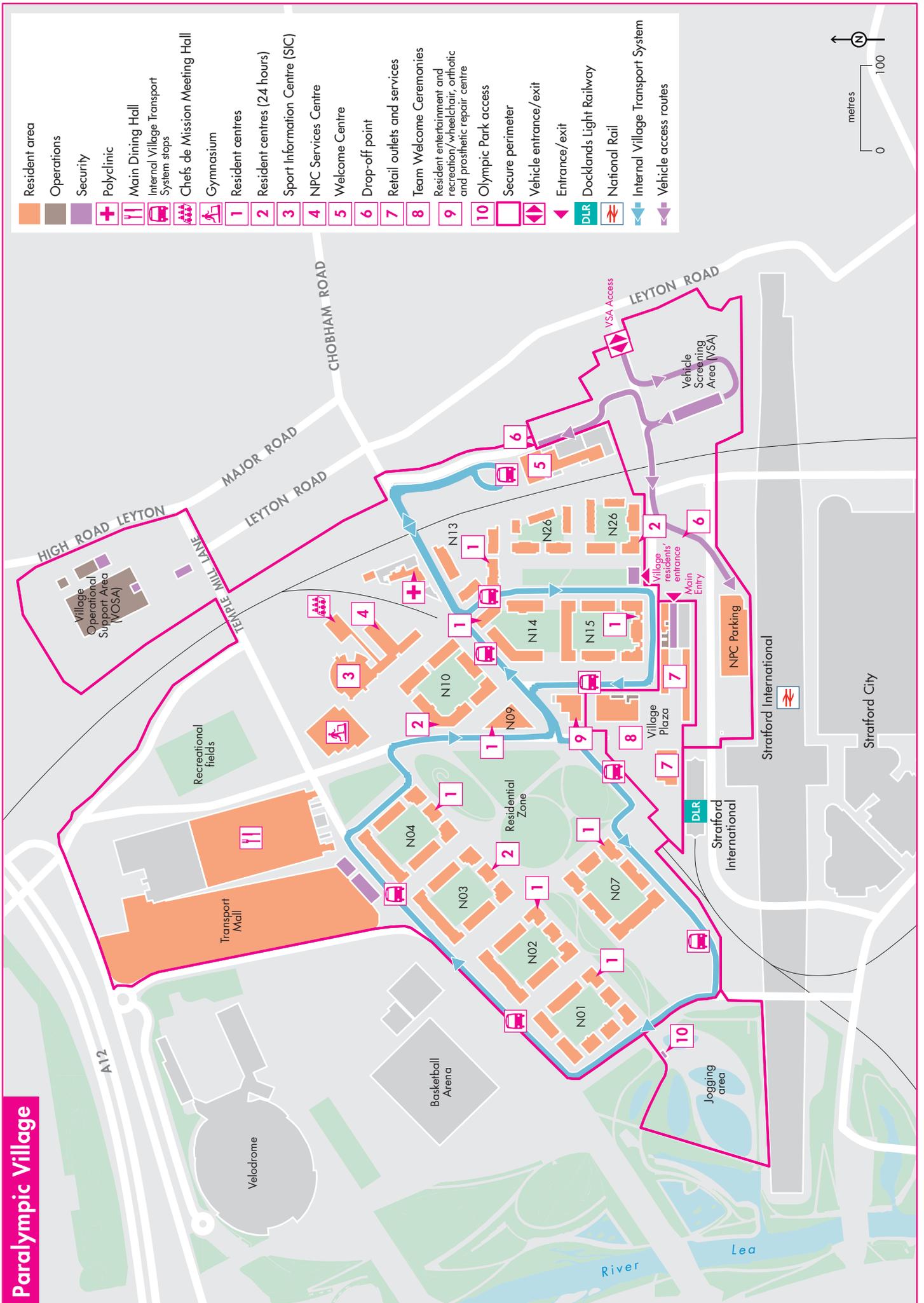
- Sport area
- Field of play
- Operations
- Mixed zone
- Spectator area/stand
- + Athlete medical
- ♿ Call room
- 👕 Changing rooms/showers
- 🧴 Doping control
- 🚗 Drop-off
- 🪑 Lounge
- 👥 Meeting room
- 📎 Office
- i Sport Information Desk
- ⚖️ Weigh in
- 1 Sauna
- 2 Training area
- 3 Competition jury room
- 4 IPSF rooms
- 5 Classification room
- 6 Technical delegate's office/work area
- 7 Sport manager's meeting/work rooms
- 8 Athlete rest area
- 9 Warm-up area
- Venue perimeter
- DLR Docklands Light Railway



# Olympic Park overview



# Paralympic Village





# Thank you

London 2012 would like to thank its partners for their support

## London 2012 Paralympic Games

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