



2021 Australian U15 & U17 Championships

Align Fitness and Massage/Weightlifting Academy of Tasmania

110 Mornington Road, Mornington, Hobart

2nd – 4th July 2021

Information Pack

Key Event Contacts

| | | |
|-----------------------|-----------------|--------------|
| Event Director | Leo Isaac | 0423 767 955 |
| Competition Secretary | Jacinta Keating | 0423 458 468 |

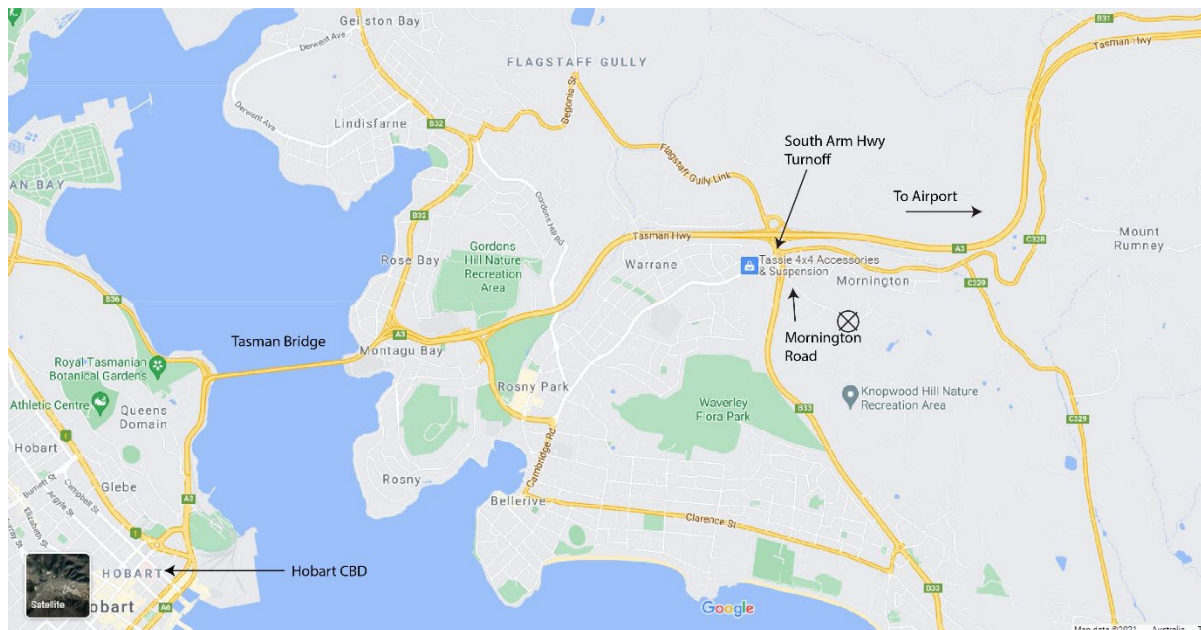
COVID-19 Safety

All participants, officials and spectators please be aware:

1. Persons who are unwell or exhibiting symptoms of unwellness, should not enter the venue.
2. It is mandatory for all persons attending to registered for contact tracing purposes.
3. All visiting coaches, managers, officials, support staff, parents and athletes should download and use the **Check In Tas** app and scan the QR Code of Weightlifting Tasmania upon entry into the venue.
4. The QR Code will be visible on the wall just inside the entry door, and on the office counter which you will pass by as you enter.
5. There will be a Covid Safety Officer positioned at the door.
6. Coaches or managers can take the option to add their team members to the Check In Tas app by using the "Frequent Guests" menu component, and then check in team members by this manner. This may be a more suitable check in method for the youngest team members.
7. In the entry door there will be a hand-sanitizer dispenser.
8. A COVID Safety Team will be rostered for each session of the competition who will work to clean and sanitize surfaces in heavy traffic areas and toilets. This will include sanitizing the bars and weights used in the warm-up area, every session.
9. All athletes are encouraged to assist with the process of sanitizing bars and weights when their competition has concluded and have finished in the warm-up area.

Competition Venue

Align Fitness and Massage, 4/110 Mornington Road, Mornington TAS 7018



When you are on South Arm Highway, Mornington Road is the first turnoff on the left.

Align Fitness and Massage is 100m past the Animal Tuckerbox on Mornington Road.

Parking

It is best to park on the street (Mornington Road).

Only a limited amount of parking is available through the gates.

Additional parking may become available next door at Surf Life Saving.

Temperature and Heating

You are arriving in Tasmania at the coldest point of the year! Night temperatures may fall below 5°C and day-time temperatures will typically rise to 12-13°C.

Temperatures in the venue first thing in the morning will likely be cold but heaters will be turned on early. However, the internal space is large and raising the temperature will take time. As competitors begin warm-up for first session on Saturday and Sunday, the internal temperature should rise to a more comfortable level (by Tasmania standards!).

All visitors from interstate are advised to bring warm clothing.

Verification of Entries

Thursday 1 July 2021 by 1200noon via the AWF Online Verification System.

Competition Schedule

Friday 2 July

| | | |
|------------|---------------------|---------------------|
| Session 1: | Weigh in: 1400-1500 | Presentation: 1600. |
| Session 2 | Weigh in: 1630-1730 | Presentation: 1830. |

Saturday 3 July

| | | |
|-----------|---------------------|---------------------|
| Session 3 | Weigh in: 0700-0800 | Presentation: 0900. |
| Session 4 | Weigh in: 0930-1030 | Presentation: 1130. |
| Session 5 | Weigh in: 1200-1300 | Presentation: 1400. |
| Session 6 | Weigh in: 1500-1600 | Presentation: 1700. |

Sunday 4 July

| | | |
|------------|---------------------|---------------------|
| Session 7 | Weigh in: 0700-0800 | Presentation: 0900. |
| Session 8 | Weigh in: 0930-1030 | Presentation: 1130. |
| Session 9 | Weigh in: 1130-1230 | Presentation: 1330. |
| Session 10 | Weigh in: 1330-1430 | Presentation: 1530. |

Training at the Venue

Thursday 1 July: A limited amount of training may be available in the afternoon, please provide needs to competition director.

Weigh in Room

Upstairs on level 2, dedicated area cordoned off by ceiling to floor curtains.

Checking Scales

Upstairs on level 2, dedicated area cordoned off by ceiling to floor curtains.

Sauna

Due to COVID-19, sauna availability is extremely limited.

There is no sauna at the venue. The Hobart Aquatic Centre sauna is closed. There is a sauna at the Fitness Centre at Wrest Point Health Club at Sandy Bay (opposite side of the Derwent estuary). This is too far for an emergency dash! Call 03 6221 1675.

There is also a sauna at Savoy Day Spa at 38 Elizabeth Street, Hobart CBD but very necessary to call first due to limited availability. Call (03) 6224 1586. Closer but still a long way for an emergency dash.

Food and Drink

Food and drinks will be available for purchase at a canteen on level 1. Type of food will likely include: pies, sushi, toasted sandwiches, salad rolls, curry and rice, and cakes. Type of drinks will likely include: sports drinks, soft drinks, tea, coffee and water.

Officials and dignitaries will be served refreshments in the VIP room on level 2.

Nearest Shopping Centres

Shoreline Shopping Centre, 6 Shoreline Drive Howrah. Shoreline has Woolworths that is open from 7am-10pm, 7 days a week, chemist, and a bakery.

Eastlands Shopping Centre, 26 Bligh Street, Rosny Park. Largest shopping centre in Tasmania. Has Woolworths that is open from 7am-10pm, 7 days a week. Has also Chemist Warehouse open 8:30am – 7:00pm.

Toilets/Change Rooms

On site there are three toilets but one may need to be reserved for doping control.

Both upstairs toilets have showers.

Additional changing cubicles will be erected near warm-up area.

Accommodation

The following place of accommodation have not been vetted.

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| Mornington Hobart Holiday Park 346 Cambridge Road Warrane 7018 Phone 03-62443855 | Quest Waterfront 3 Brooke Street, Hobart Phone: (03) 6224 8630 |
| Mornington Inn 322 Cambridge Road Warrane 7018 Phone 03-62443855 | Mantra Collins Hotel 58 Collins Street, Hobart Phone: 1300 092 872 |
| Shoreline Hotel Bistro 18 Shoreline Drive Howrah Phone: 03-62479504 | Alabama Hotel Hobart 72 Liverpool Street, Hobart Phone: 0499 987 698 |
| City View Motel 30 Tasman Hwy, Montagu Bay, 7018 Phone: (03) 6243 8388 | Argyle Accommodation 50 Argyle Street, Hobart Phone: (03) 6234 8292 |
| Beltana Hotel 101-105 East Derwent Highway Lindisfarne Phone: (03) 6243 8677 | Riverfront Motel 11 Strathaven Drive, Rosetta Phone: (03) 6272 6721 |
| Hobart Tower Motel 300 Park Street New Town 7008 Phone: (03) 6228 0166 | |
| Discovery Parks Hobart 673 East Derwent Highway Risdon TAS 7016 Phone: (03) 6243 9879 | |
| Waterfront Lodge 153 Risdon Road, Lutana Phone: (03) 6228 4748 | |
| Rydges Hobart Cnr Argyle Street and Lewis Street, North Hobart Phone: (03) 6231 1588 | |
| Backpackers Imperial Hotel 138 Collins Street Phone: (03) 6223 5215 | |
| Foreshore Hotel 464 South Arm Road, Lauderdale Phone: (03) 6248 6404 | |