



New Zealand Powerlifting – 2016 Events Calendar – All Associations

1. As well as “Out of Contest” Drug Testing for all competitive members of the NZPF, Drug Testing may be conducted at any of these Contests listed below.
2. Directors of NZPF National, North and South Island, or Provincial Championships may charge late entry fees for entries received after the entry closing dates, provided such entry closing dates are publicly advertised in all respective National Championship promotional material, including the entry forms themselves (this is to help offset any inconvenience and added expense created with regards to the event planning, extra awards etc).
3. Lifters wishing to compete in Provincial, National, International or World Championships must meet the Qualifying Criteria set by the NZPF National Executive Council, or be granted a NZPF qualifying Criteria waiver by the NZPF NEC.

2016 (all confirmed by NZPF or respective Provincial Associations as required)

FEBRUARY			
13	Northland Novice Benchpress	Dargaville	Brian's Gym
13	Southern Club and Novice Lift		
13	WBOP Icebreaker	Taupo	TBC
27	Canterbury Novice 3 Lift	Christchurch	Canterbury Sports Performance Centre
27	Central Districts 3 lift & Benchpress Novice / Qualifier: equipped / classic	Wellington	Powerhouse Gym
MARCH			
5 – 6	Auckland 3 Lift & Benchpress Club Competition	Auckland	TBC
12	Southern Provincial Benchpress Championships: equipped / classic		
19	Northland Novice Powerlifting & Benchpress Contest	Whangarei	Kensington Fitness
19	Central Districts 3 lift & Benchpress Novice / Qualifier: equipped / classic	Gisborne / Hastings	TBC
19	Canterbury Benchpress Championships: equipped / classic & Novice 3 Lift	Greymouth	Fat Max's Gym
APRIL			
1 – 3	Auckland Provincial Powerlifting Championships: equipped / classic	Manukau, Auckland	Fitness Plus
9	Waikato-BOP Provincial 3 Lift Championships: equipped / classic & AGM	Rotorua	HT Fitness
9 – 10	Canterbury Provincial 3 Lift Championships: equipped / classic	Christchurch	Canterbury Sports Performance Centre
23	Northland Provincial 3 Lift Championships: equipped / classic & AGM	Kerikeri	Community Fitness
23	Southern Weightlifting Provincial 3 Lift Championships: equipped / classic & AGM		
23 – 24	Central Districts Provincial 3 Lift Championships: equipped / classic	Wellington	Powerhouse Gym
MAY			
14	Best of the South Benchpress	Timaru	
21	Northland Provincial Benchpress Championships	Dargaville	Bryan's Gym
21	Waikato-BOP Provincial Benchpress Championships	Te Aroha	Healthfit
JUNE			
4	South Island Regional 3 Lift Championships: equipped / classic	Dunedin	
18	North Island Regional 3 Lift Championships: equipped / classic	Whangarei	
18	Waikato-BOP Novice Lift	Tauranga	Global Fitness
18	Central Districts Novice 3 Lift	Manawatu	Zenith Fitness
25	Central Districts Provincial Benchpress Championships: equipped / classic	Manawatu	Zenith Fitness
28	Southern Special Olympic Powerlifting and Ribbon Day		

JULY			
10	NZ Powerlifting Record Breakers Championships: equipped / classic	Greenlane, Auckland	NZ Fitness Expo
16	Northland Novice 3 Lift & Benchpress Contest	Kaikohe	The Mill Gym
23	Southern Benchpress Contest	Dunedin	Clubrooms, Fryatt St
23 – 24	Auckland Benchpress Championships: equipped / classic	Onehunga, Auckland	Get Strength
23 – 24	Auckland 3 Lift & Benchpress Club Competition	Onehunga, Auckland	Get Strength
AUGUST			
6 – 7	National Equipped Powerlifting Championships	Manukau, Auckland	Fitness Plus
17 – 21	National Classic Powerlifting Championships	Christchurch	Canterbury Sports Performance Centre
SEPTEMBER			
3	Southern Club & Novice Lift	Queenstown	
OCTOBER			
8	National Benchpress Championships: equipped / classic	Rotorua	TBC
8	Central Districts, Hawkes Bay 3 Lift Championships	Hastings	Hastings Fitness Centre
NOVEMBER			
5 – 6	Auckland Record Breakers Contest	Auckland	TBC
5 – 6	Auckland 3 Lift & Benchpress Club Competition	Auckland	TBC
19	Waikato-BOP Classic Cup	Te Awamutu	Zero Limits
19	Southern Combined Olympic & Powerlifting Club Lift		
26 – 27	Central Districts Powerhouse Open Competition		
DECEMBER			
3	South Island Special Olympic Powerlifting Championships		
4 – 11	Oceania / Asia Championships	Christchurch	

Please bear in mind some of these events may change due to clashes or reasons beyond the association's control.
Good Luck with the year!