



# Weightlifting Competition Guide

*Greg Everett*

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## **Weightlifting Competition Guide** Greg Everett

The Catalyst Athletics Weightlifting Competition Guide is a concise yet thorough guide to help new coaches and athletes understand the process of Olympic weightlifting competition. It covers everything the coach or athlete needs to know to get started competing or coaching at the local to national level, including:

Age Categories

Bodyweight Categories

Qualifying Totals

Clothing & Personal Gear

Making Weight

Pre-Competition Preparation

Competition Procedure

Warm-Up Room Etiquette

Timing Warm-Up Lifts

Platform Etiquette

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