



Lifting Challenge Process

1) Pre-Event Preparations

For safety reasons, you require 3 individuals to run a lifting station; a Lift Judge, plus 2 Spotters.

Anywhere from 1 to 3 stations can be running at one time depending on the number of volunteers you have, number of Participants, and available equipment.

You also need a Weigh-In Judge (although this person can double up as a Lift Judge and/or Spotter)

Decide the number of stations, and if any will be running simultaneously. Here are some examples:

- 1 station of each lift (Squat, Deadlift, and Bench Press) running simultaneously.
- Complete one lift at a time before all participants move to the next lift/station
- Have 2-3 stations for each individual lift running simultaneously (ex. 2 squat stations running at the same time, then moving on to do 2 Bench Press stations running at the same time)

Prepare an Attempt Form for each registered Participant. They will collect this when they check in and give it to the Lift Judge at each station.

2) Participant Arrival

Participants will check-in at the Spin4Kids or Lift for Kids check-in Desk to submit any funds raised for GoodLife Kids Foundation. Give the Participant their attempt form and direct them to the Weigh-In station in the Personal Training area.

3) The Weigh-In

The Weigh-In Judge will confirm Participant name.

The Weigh-In Judge will ask the Participant to step on the scale and record the Participant's weight in the appropriate box on the Attempt Form.

The Judge will ask the Participant which lifting activity they are competing in and circle the response on the Attempt Form. For squat and deadlift activities the judge will also record the participant's preferred rack height.

The weight in Judge should then place the Attempt Form in one of three piles according to which station the Participant will be starting at (Separate pile for each of Bench Press, Deadlift

and Squat). Forms should also be sorted from lowest starting weight to highest starting weight for each lift.

Once all Participants have arrived and have been weighed in you are ready to start lifting. Participants will be responsible for taking their Attempt Form from their first station to their second station and giving it to the station Lift Judge.

4) **Pre-Competition Instructions**

Give an overview of the day and the process to all Participants, so they can know what to expect and what they need to do. See below in 'The Lift' section for how the competition should flow.

Thank Participants and talk about GoodLife Kids Foundation so they know why and what they are fundraising for. You can find an overview of GoodLife Kids Foundation [here](#) or visit the [Event Portal](#).

5) **The Lift** **process is the same for each station*

The Lift Judge will instruct the Spotters to alter the weight and height of the station appropriately in the order that the Attempt Forms have been given to them. They will then call each Participant to the floor one at a time to attempt their lifts.

The Lift Judge will instruct the Participant that the weight has been loaded and may begin their attempt.

The Participant will make their attempt and the Judge will monitor for proper form and decide if the lift was successful or unsuccessful. The Lift Judge will mark the Participants Attempt Form if the Attempt was successful or unsuccessful, initial the Attempt Form and ask the Participant what their desired weight for their second attempt will be and write that on the Attempt Form.

After all Participants have completed their first attempt the Lift Judge will re-sort the pile to ensure that Participants are in order of lightest to heaviest weight attempted.

The Lift Judge will repeat the above process for attempt 2 and 3.

After the third lift is complete, the Lift Judge will keep the scorecards for tabulation and scoring.

6) **Scoring**

The Lift Judge will enter the highest weight successfully lifted for each participant and initial the Attempt Form.

7) **Post Event Announcements**

- Thank everyone for coming and participating in a great day.
- Announce all scores in order of lowest to highest percent.
- You may choose to highlight specific performances by individuals.