



# SCORETABLE GUIDE

# ANNOUNCER

You will announce the lifter's names as it is their turn to make their attempt and any other announcements needed. You will be in charge of the flow of the meet and to keep the spectators engaged. Feel free to cheer for the lifter and encourage the spectators to cheer.

## The Start of the Meet

- If available, a script may be given to you from the Meet Director.
- You will make any necessary announcements that may be needed as directed from the Meet Director or Officials.
- Approximately 10 mins before the commencement of the Session or Meet, you will be asked to call all the Referees and Spotters/Loaders to the platform.
- Approximately 7-5 mins before the commencement of the Session or Meet, you will make an announcement to let the Lifters know that they will have 5 minutes, or whatever time that is left, to make any changes to their 1<sup>st</sup> Attempt. *(Lifters will have up to within 3 minutes before the commencement of the event to make any changes to their first attempt)* Once that time is up, the Lifter is not permitted to make any changes. The Timekeeper will have a timer counting down on the computer timer.

## During the Meet

- To start the meet, you will announce who will be the first lifter, the weight that is to be loaded onto the bar and what the rack height will be. In the event of the Bench Press, you will announce the rack and safety heights. This information is indicated on the Lifter's Scorecard which will be arranged for you by the Scorekeeper's Assistant. *(Most times, the Platform Chief will have this information available to him/her; however, to ensure that there are no errors in who the next lifter is, it is helpful to announce this information as well)*
- You will also announce which lifters will be lifting next.  
  
Eg. "The next lifter is \_\_\_\_\_. His/her attempt is \_\_\_\_\_. Rack height \_\_\_\_.  
On deck is \_\_\_\_\_;  
In the Hole is \_\_\_\_\_; and  
In the Wings is \_\_\_\_\_."  
*(Almost always, a lifting order will be made available to the lifters in the warm-up room, but it is important to announce who the next 2-3 lifters are)*
- In the Squat portion, you will announce what the Lifter's squat rack requested height. In some cases, a Lifter requests that the racks are "In". This information will need to be announced so the platform crew knows to make this adjustment. This information will be on the Lifter's scorecard.
- In the Bench Press portion, you will announce what the Lifter's bench rack height and safety rack heights will be. You will also need to announce whether or not the Lifter has

requested Foot Blocks and what size Foot Blocks they want. This information will be on the Lifter's scorecard.

- The Head Referee will indicate to you the "Bar is Loaded", and you will announce the "Bar is Loaded for \_\_\_\_". At the completion of the lift, you will announce whether or not the "Lift is Good" or if it was a "No Lift".
- You will then announce the next lifter with their attempt and rack heights.
- In the event, that the Lifter's attempt is a Provincial or National record, you will make this announcement indicating as such. *(A Provincial record can be made at any event; a National record can only be set at a Provincial, Regional or National event and 3 National level referees must be available)*
- In the event, that there is more than one flight, you will need to give a warning to the next flight of Lifters of their opportunity to make any changes to their 1<sup>st</sup> Attempts. The Scorekeeper's Assistant will indicate on the scorecards when the next flight will be starting. There is no break in between each flight. During the 3<sup>rd</sup> Attempts, when there approx. 3-4 lifters left in the Flight, you will make the announcement to the next flight that they will have that time to make any changes to their 1st Attempts.
- **At no time does the meet get stopped at the request of a lifter or coach. The only time a meet gets stopped is by direction of the Head Referee.**
- At the end of the each discipline, there will be a break to set up for the next Lifts. The break times will depend on how many flights/lifters there are. The Meet Director or Head Referee will indicate this to you so you can announce this information to everyone.
- In the instance that there is music playing at the same time that the Lifting is proceeding, you will need to adjust the volume accordingly, so that the Lifter can hear the commands given by the Head Referee. In the Deadlift portion, the music can be played a little bit louder.

### **At the Completion of the Meet**

- At the completion of the meet, you may be asked to announce the medal winners and the overall winners. Check with the Meet Director if this is something that you will need to do.

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## **GENERAL RULES**

- **A lifter may not change his/her attempt at any time during the competition except:**
  - o Any time up to and within the 3 minute warning of the start of the competition. The weight may be changed either lower or higher. In the event that there is more than 1 flight, the 2<sup>nd</sup> flight will be given the same time allowance, approximately 3-4 lifters before the end of the first flight.

- On the lifter's 3<sup>rd</sup> attempt on the deadlift. The lifter may change his attempt up to two times (higher or lower) and only before he is called to the bar.
- In the event of a Bench Press Only competition, the lifter may change his 3<sup>rd</sup> attempt up to two times (higher or lower) and only before he/she is called to the bar.
- The lifter has one (1) minute to submit his next attempt to the Expeditor or score table. If the lifter fails to do so, the lifter's next attempt will increase by 2.5kg only. If the lifter's previous attempt was failed, then next attempt will be whatever the failed weight was.
- All attempts must be in increments of 2.5kg, unless the attempt is a record attempt. In that instance, the attempt can be increased in an increment of 0.5kg.

# EXPEDITOR

You will receive all of the attempts from the Lifters at the completion of their attempt.

Once the Lifter has completed their lift, they will have 1 minute from the time that the Referee Lights are on to hand in their next attempt. You will need a timer to keep track.

The Lifter's Attempt Card must have his/her name and attempt in kilos, legible. If it is not, confirm with the Lifter his name and attempt. The card must also be signed by the Lifter or his/her coach.

The Attempt Card is then given to the Scorekeeper who will input that attempt into the score program.

If the Lifter does not submit his attempt within that 1 minute, the Lifter will not be able to submit the attempt after the fact. **There are no exceptions.** If the Lifter was successful with the previous lift, he will be given a 2.5kg increase and if the Lifter was unsuccessful with the previous lift, then no increase will be given. In this instance, you will let the scorekeeper know that no attempt was submitted for that lifter and the next attempt will either increase by 2.5kg or will be the same.

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# SCOREKEEPER

- Open web browser in Google Chrome or Mozilla Firefox and enter “events.plmeet.com” as the web address.
  - o Sign in
    - Username: *to be provided at day of competition*
    - Password: *to be provided at day of competition*
- Select meet according to session and click submit (there is no password)
- You should be directed to the “Setup” screen. If not, select “Setup” from the Tabs in the program at the top of the page.
- Using the completed scorecards, complete each lifter’s information:
  - o Year of Birth
  - o Bodyweight
  - o Age
  - o Squat Opener
  - o Sq RH (Squat Rack Height)
  - o Bench Opener
  - o BP RH (Bench Press Rack Height)
  - o BP Safety (Bench Press Safety Height)
  - o Deadlift Opener
- Click “Save Lifter”
- Once all of the lifters’ information has been inputted, organize the scorecards, by each lifter’s first attempts. From lowest weight to highest. If there is more than 1 lifter with the same attempt, the lifter with the lower Lot Number goes first.
- Once the scorecards are organized, the Lifting Order for the Squats needs to be written out on to a piece of paper to post in the warm up area. You can just refer to the scorecards and hand write the Lifting Order.
- If there is more than one session in Flight, indicate on the Lifting Order as to what flight the lifting order is referring to, eg. Flight A – Squat Lifting Order; Flight B – Bench Press Lifting Order, etc.
- The scorecards will have on it near the top right corner, which session and which flight that lifter is in, eg. S1/A means Session 1/Flight A, etc.
- In PLMeet, go into the tab “Flights/Lots” and double check to make sure that all lifters are in the correct flights. Click Save Flight.
- Once that’s done, you are ready to “Run the Meet”.

## Running the Meet

- Click on Tab “Run the Meet”
- The program automatically organizes the lifting order according to the attempts that are entered in.
- Once the lifter has completed the lift, you will either click on the green or red arrow, depending on whether or not it was a good lift.
- Once you have done that, the program will automatically go to the next lifter.
- When the previous lifter has submitted in his/her attempt, (the Expeditor will be handing to you the Lifter’s attempt cards), you can input that into that Lifter’s next attempt, by clicking on “-“. Type the attempt and hit Enter. If you make a mistake, you can either back space to correct, or if you have left the field, you can click on “CE” which is between the green and red arrow. This will clear the field so you can re-enter the correct number.
- Continue for all lifters as they complete each lift and discipline
- If you enter the wrong number, you can just go back and correct it. You can also correct the lift if it was inputted incorrectly, eg. The lift was marked as a good lift and it was actually a no lift, you can always just click on the correct arrow. The program will automatically re-adjust the order accordingly.
- The program automatically saves itself.
- **At no time does the meet get stopped at the request of a lifter or coach due to a incorrect attempt / misload. The only time a meet gets stopped is by direction of the Head Referee.**
- Once the Squat portion is done, you will need to prepare the Lifting Order for the Bench Press. Organize the scorecards according to the 1<sup>st</sup> Attempts of the Bench Press. Once that list is written out, it will need to be put up in the warm up area. After the Bench Press portion, a Lifting Order will need to be done for the Deadlifts.
- If a Session has more than one flight, you will need to make sure that you have selected the correct flight that is lifting. On the “Run the Meet” page, under the title of the meet on the left side, near the top of the page, there is a drop down menu titled “Flight: \_\_\_”. This is where you will select the correct Flight.

## Printing the Results

- At the completion of the Session or meet, you will need to print out the results, so that the medals can be handed out. Make sure the printer has paper and is connected to the computer.
- Click on the tab “Results”. That screen will automatically organize the Division by weight class, Equipped/Unequipped, and placing.

- Right click anywhere on the screen and select "Print".
- If there are enough lifters in one category, there will be an overall winner. Check with the Meet Director as to what category for overall winners there are. Once that has been determined, review the "Wilks" score for each lifter to see which lifter in each category has attained the highest Wilks to receive the overall award. Write the name of the overall winner and for what division onto the Results Sheet.
- Once completed, the Results Sheet can be given to whoever will be giving out the medals or announcing the medal recipients.
- Click the tab "Close Meet". You do not have to click Save.

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  - o On the lifter's 3<sup>rd</sup> attempt on the deadlift. The lifter may change his attempt up to two times (higher or lower) and only before he is called to the bar.
  - o In the event of a Bench Press Only competition, the lifter may change his 3<sup>rd</sup> attempt up to two times (higher or lower) and only before he/she is called to the bar.
- The lifter has one (1) minute to submit his next attempt to the Expeditor or score table. If the lifter fails to do so, the lifter's next attempt will increase by 2.5kg only. If the lifter's previous attempt was failed, then next attempt will be whatever the failed weight was.
- All attempts must be in increments of 2.5kg, unless the attempt is a record attempt. In that instance, the attempt can be increased in an increment of 0.5kg.



# SCOREKEEPER'S ASSISTANT

You will assist the scorekeeper by marking the lifter's next attempts on the scorecards and by marking whether or not the lift was good or not. If the lift is no good, cross that attempt out with a "/". If the lift was good, either circle the attempt or put a check mark beside it. Any changes to the attempts will be made on the cards. These cards will be used as the back-up if there were any discrepancies that may come up after or during the event. If the attempt was a record, indicate that on the card by putting either "PR" for Provincial Record or "NR" for National Record (if applicable).

You will also assist the announcer by organizing the scorecards in the order of the lifting order to be announced. Organize the cards so that it is in the order of lowest to highest weight. If there is more than one lifter with the same attempt, the lifter with the lower Lot Number will attempt the lift first.

## During the Meet

- The lifter will make the attempt and you will mark on his/her scorecard whether or not the lift was good. When the expeditor gives you that lifter's next attempt, you will mark that attempt onto the lifter's scorecard and then arrange the scorecard in the correct order for the announcer.
- Keep the attempt sheets together. These will be gathered and kept together with all of the other paperwork at the end of the Session or Meet.
- Continue for each lifter and each discipline.
- If a session has more than one flight, the announcer will need to give notice to the next flight that they need to start getting ready. Mark the scorecard with a paperclip so that it gives warning to the announcer that the next flight will be coming up. There is no break between each flight. At the end of the first flight, it will continue right into the next flight.
- In the 3<sup>rd</sup> Attempts, you will also need to let the announcer know approximately when there are 3-4 Lifters left in the first flight, so that he can announce for the Lifters in the next flight so they can make any changes to their 1<sup>st</sup> attempts.
- Once that flight has completed all of the attempts in one discipline, those scorecards can be set aside until the completion of that discipline.
- At the end of each discipline, the scorecards will need to be organized by flights (if applicable) and by weight, so that a Lifting Order can be prepared for the next lift.
- **At no time does the meet get stopped at the request of a lifter or coach due to an incorrect attempt / misload. The only time a meet gets stopped is by direction of the Head Referee.**

### **Completion of the Meet**

- Once all of the lifting has been done, gather up all of the scorecards and attempt cards and place into an envelope. The envelope should also include the Results Sheet and Equipment Checklist. This envelope can then be given to the Meet Director.

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# TIMEKEEPER

You will keep track of the time from when the Lifter has received the “Bar is Loaded” call to when the Lifter is given the command to “Start” or in the instance of Deadlift, from when the lifter starts to make his/her attempt.

Your timer will be set up onto a laptop computer which will be hooked up to TV that will be visible for the Referees and audience. This TV will be set up under the Referee lights.

- When the Announcer calls “Bar is Loaded”, the Lifter will have 1 minute to step onto the platform and receive his/her Start command. If the Lifter does not receive the command to Start within that 1 minute from the Head Referee, it will be considered a “No Lift” and it will be an unsuccessful attempt.
- Once the Lifter has received the Start command, you can stop the timer.
- If the timer is at 15 secs or less and the Lifter has not received the Start command, announce the time left so that the Lifter and his/her coach is aware.
- In some events, the Head Referee may instruct you to add a specific amount onto the timer. This will happen if the Flight is inordinately small and there is not enough time in between each attempt for the Lifter to get a sufficient amount of a rest or in the event a Lifter must follow himself in an attempt due to a misload or error. Once that specific amount of time has passed, the timer will be reset to 1 minute.
- Also, in some instances, the Head Referee may indicate for you to reset the clock.
- In between each discipline, depending on how many flights were within that session will determine how much of a break there will be. The Meet Director or Head Referee will let you know so you can set the timer to countdown the time.
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