



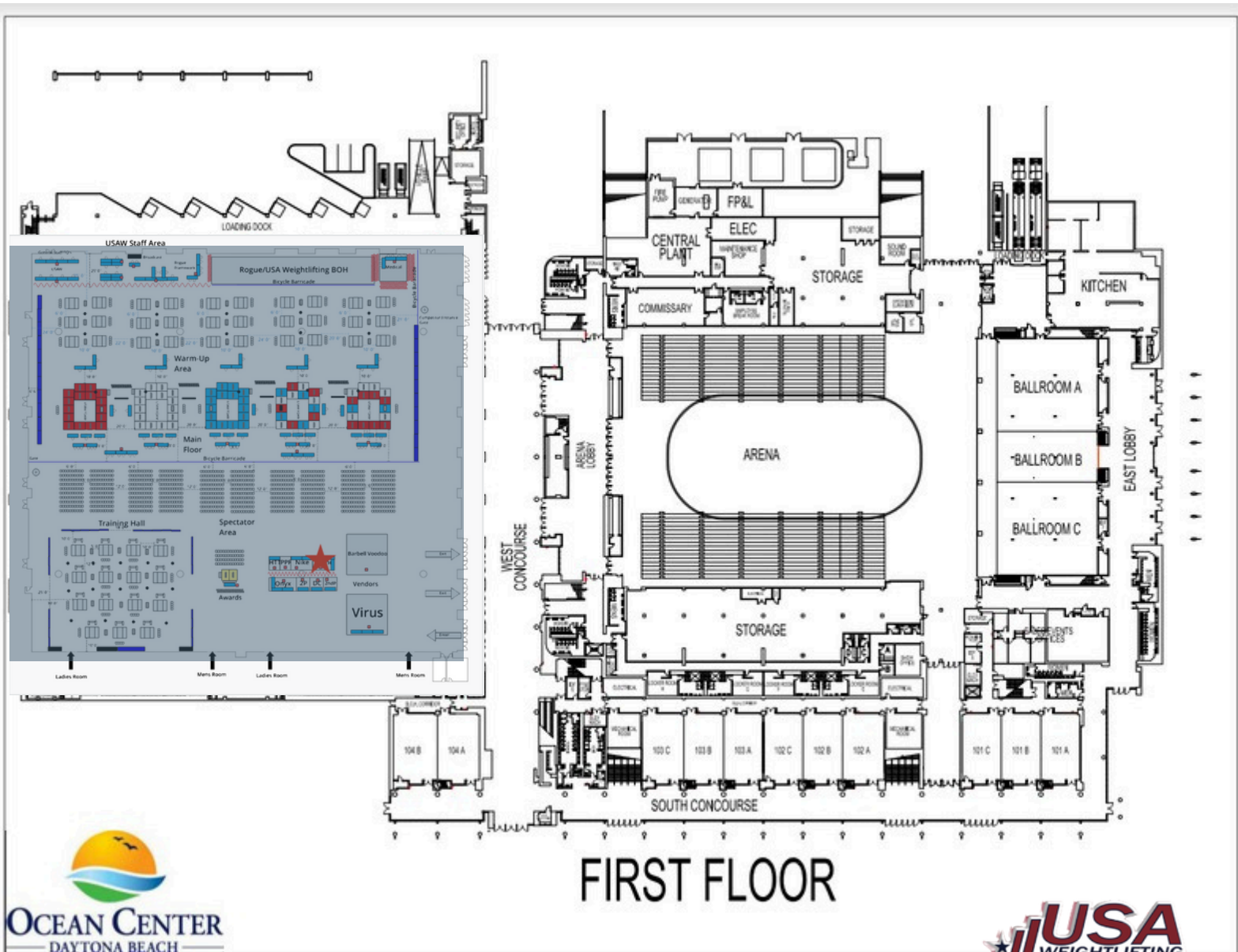
EVENT GUIDE

December 4-7
DAYTONA BEACH
OCEAN CENTER



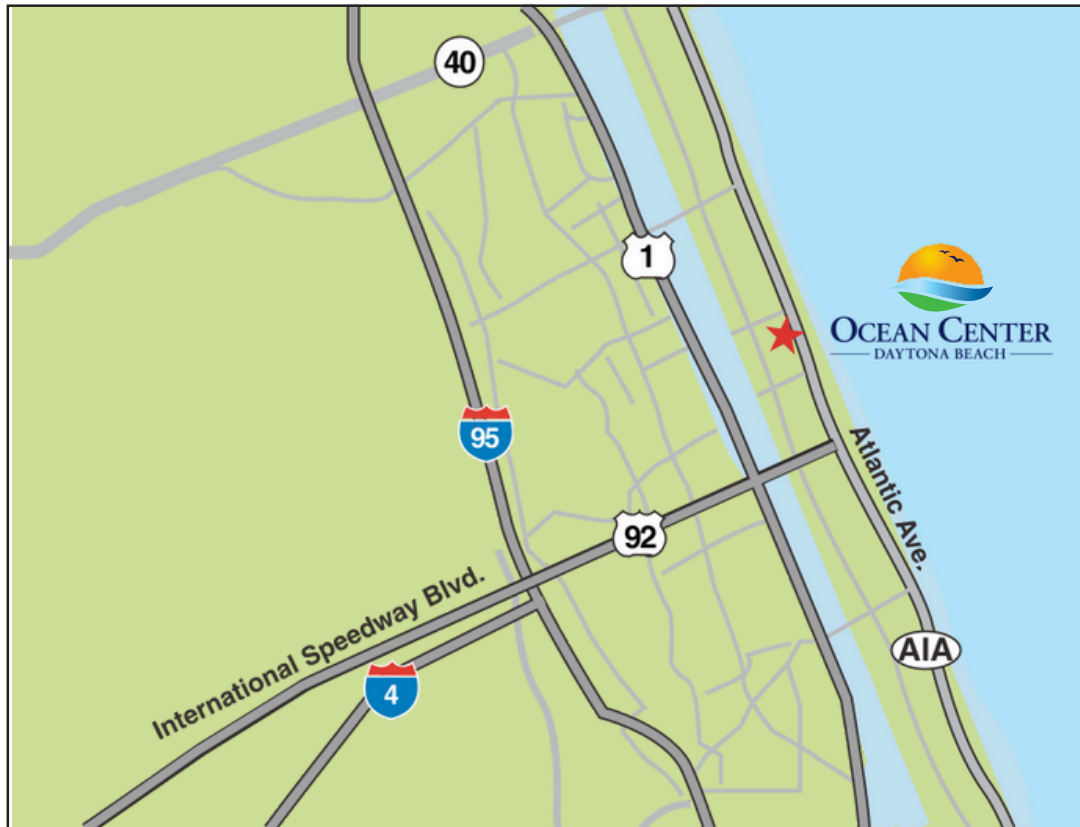
COMPETITION VENUE

- The 2025 Virus Weightlifting Finals and United Masters Weightlifting Federation World Championships will take place at the Ocean Center Convention Center and Event Venue in Daytona Beach, FL.
- Competition will take place in the exhibition hall.



GETTING TO THE VENUE

MAP AND DIRECTIONS



DIRECTIONS

Located near the intersection of I-4 and I-95, exit I-95 (exit# 261A) at International Speedway Blvd. (S.R. 92) and head east seven miles to N. Atlantic Avenue (S.R. A1A). Turn left (north) and travel one mile to the Ocean Center.



GETTING TO THE VENUE

PARKING

The garage is your best bet and is the closest parking to the spectator entrance.

Address

701 Earl Street

Daytona Beach, FL 32118



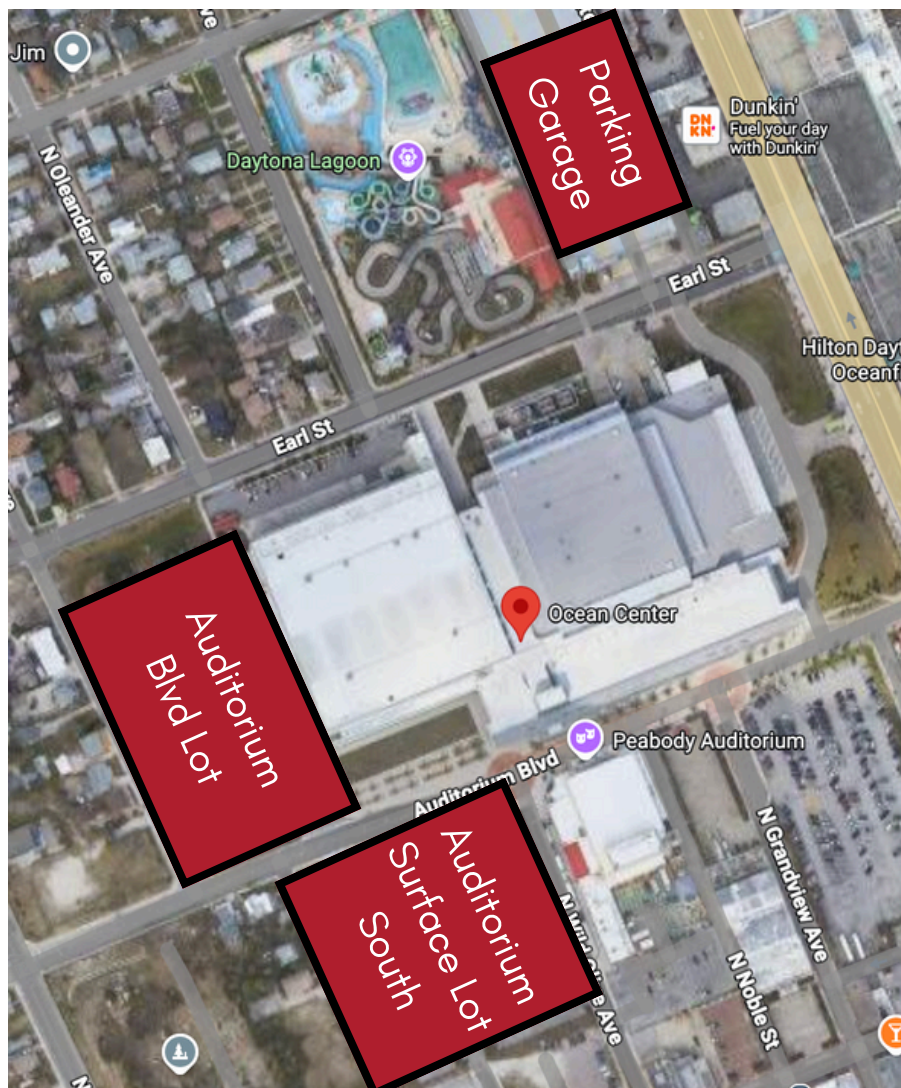
GETTING TO THE VENUE PARKING

There are three (3) options for where to park:

- Auditorium Surface Lot South
- Auditorium Blvd Surface Lot
- Parking Garage at Ora St/Earl Street

Parking is \$15/day at all locations.

- Surface lots are closed at night.
- The Parking garage offers overnight parking.



GETTING TO THE VENUE

PARKING GARAGE

Spectators are highly encouraged to park in the garage at Ora St/Earl St. & AIA. Event parking is \$15 per day.

In the garage, spectators should avoid the West & South lots due to truck trailer, & bus parking.



VOLUNTEER AS A LOADER!

USA Weightlifting is always looking for help to make the event a success. If you want to contribute, please email candace.gorby@gmail.com with your availability.

PERKS

- Stay close to your favorite athletes
- Help growing the sport that you love
- Give back to the weightlifting community
- A free Rogue t-shirt (when helping two or more sessions)

COMPENSATION

- \$15 per loader/per session
- Maximum of three (3) loaders per session
- Meals will be provided for volunteers helping two or more sessions



SPECTATOR INFORMATION & TICKET/CREDENTIAL PICK UP

SPECTATORS

- Spectators can enter from either the North or South Entrance of the West Concourse by the waterslides and Peabody Auditorium.
- Spectators can purchase online at weightliftingtickets.com, or at the Registration Desk.
 - Single Day Tickets: \$20
 - Event Pass: \$45
- **NOTE: On-site ticket sales are credit card only**
- Doors will open one hour before the first session of the day, and will close 30 minutes after the final session.

LIVESTREAM

- The event livestream can be accessed on usaw.live. All competition platforms can be viewed there under one stream
- Live commentary will be provided for all sessions.

CREDENTIAL PICK-UP

- Athletes, coaches, technical officials, VIPs, and media can pick up their credentials at the Registration Desk.

REGISTRATION DESK HOURS

- Wednesday 12/3: 2pm-7pm
- Thursday 12/4-Sunday 12/7
 - One hour before the first session of the day to the beginning of the last session.



ATHLETE INFORMATION

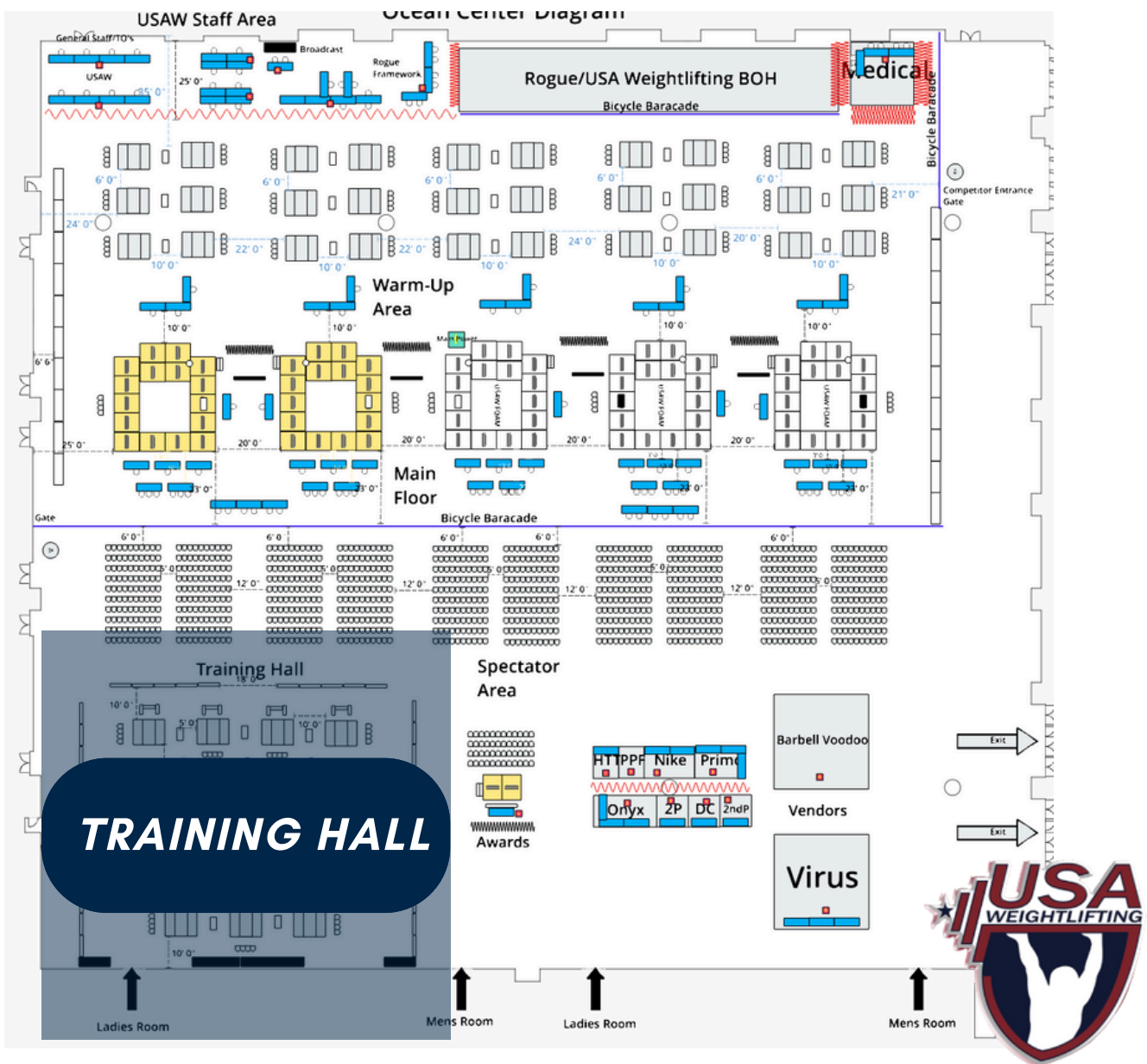
TRAINING HALL

ACCESS

- The training hall is for registered athletes only.
- It will be located at the Ocean Center Convention Center in the Event Venue.

TRAINING HALL HOURS

- The training hall opens at 2pm on **Wednesday, December 3** and closes at 7pm.
- **On competition days the training hall is open from 8am-9pm.**
- On the final day of competition the training hall is open 8am-12pm.



ATHLETE INFORMATION

WEIGH-IN ROOMS

LOCATION

- Rooms:
 - 103 A (Red), B (White), and C (Blue)
 - 104 A (Stars), and B (Stripes)

CHECK SCALE

- The Check Scale will be located in the show office (marked with a star).

TIME

- Weigh-ins always start two hours before the start of one's session.

ATTIRE

- Competitors cannot wear socks, footwear, or watches during weigh-ins.
- Athletes **MUST** have a singlet on with both straps over shoulders.



FIRST FLOOR

ATHLETE INFORMATION

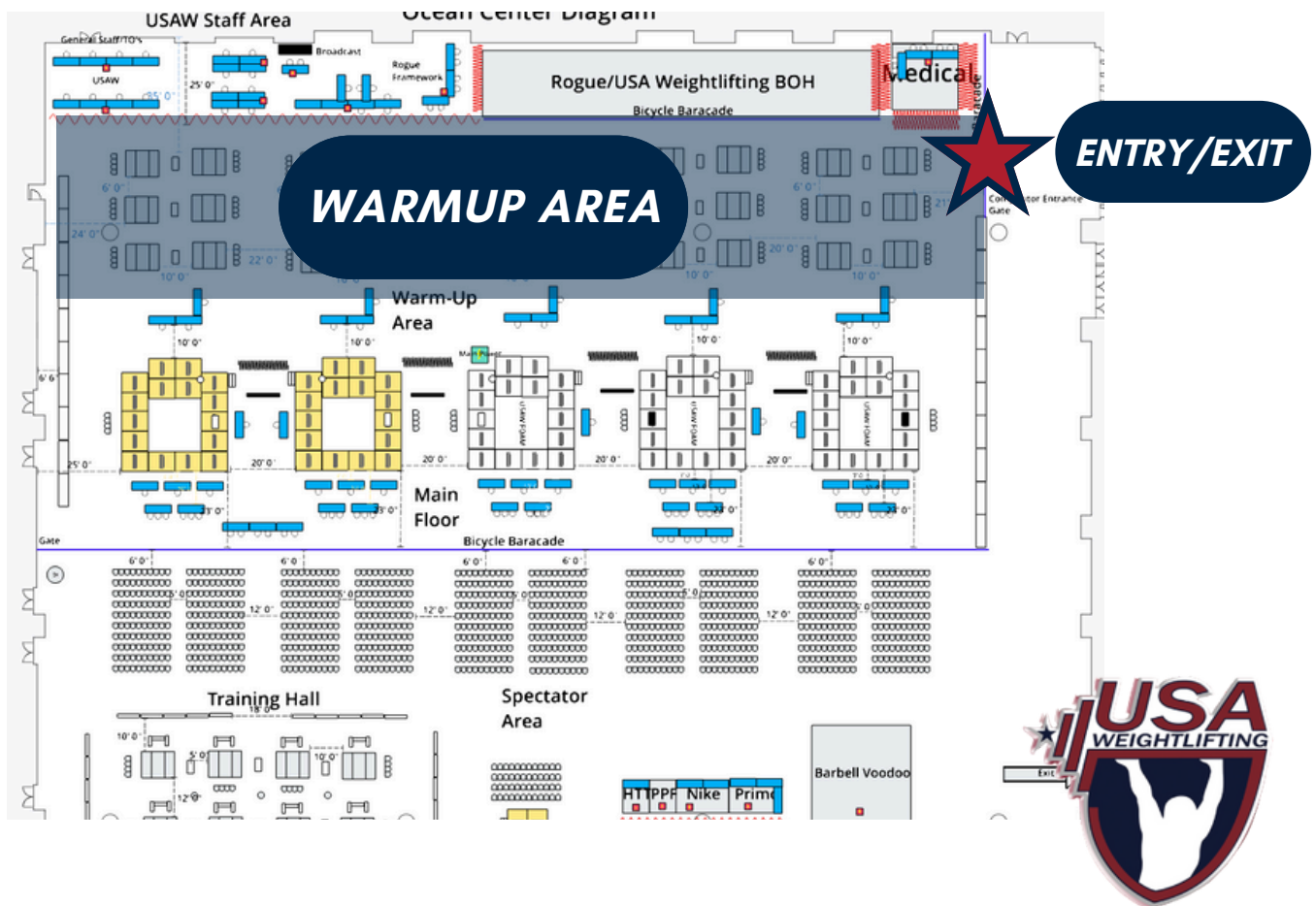
WARMUP AREA

ACCESS

- Registered athletes will be allowed to assist teammates in the warmup area provided they have a warmup pass.

COACHES

- Coaches must be registered through Sport80 and have the following requirements completed by the day of competition:
 - Background Screening
 - SafeSport Core Training
 - USADA Training
 - USA Weightlifting Coach Certificate
 - Referee Certification
 - USA Weightlifting Membership
- Additionally, coaches must have a warmup pass to coach in the warmup area during competition. Warmup passes will be distributed during weigh-ins for each session.

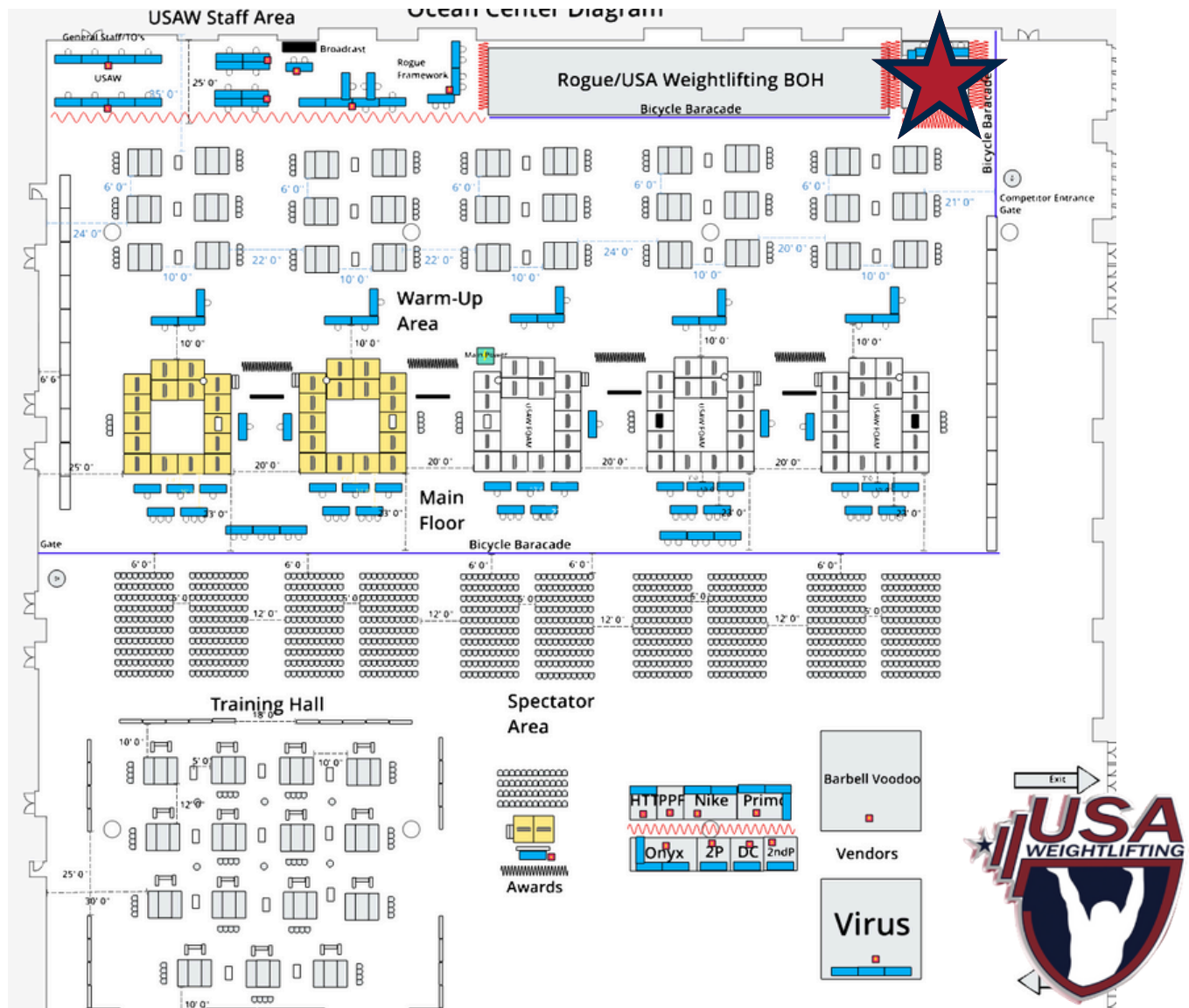


ATHLETE INFORMATION

MEDICAL SERVICES

INFORMATION

- If you get hurt (sprain, strain, bleeding, blisters, rips, dislocations, etc.) or have any serious or concerning medical condition, please come to the medical area (marked with the red star on the map).
- You're welcome to ask for medical advice about anything, but we can only provide treatment for issues that occur during warm-ups, training, and up to competition.
- We can refer you to trusted doctors, physical therapists, chiropractors, or massage therapists in your area when possible.
- Athletes are our first priority, but we will always assist coaches, loaders, officials, and USA Weightlifting staff as well.



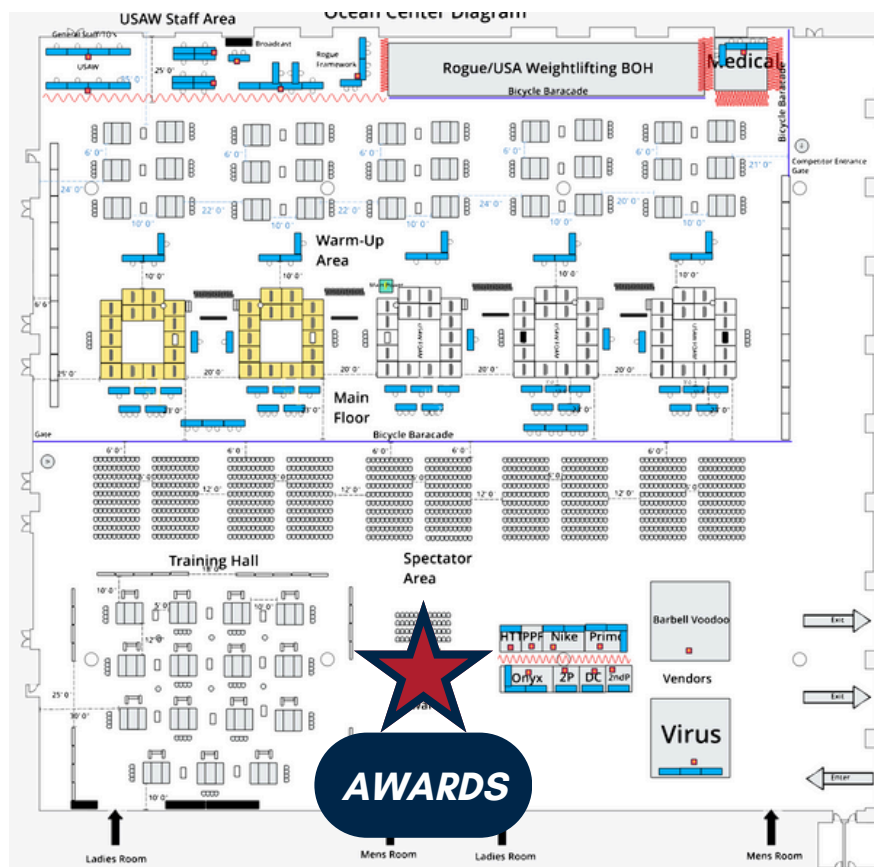
ATHLETE INFORMATION

AWARDS

AWARD CEREMONIES

- At the Virus Weightlifting Finals, medals will be awarded in the Snatch, Clean & Jerk, and Total.
- At the UMWF World Championships, medals will be awarded in the Total.
- There will be five medal ceremonies hosted daily at the Awards area. USAW will publish a medal ceremony schedule after a final schedule is produced
- Medals **MUST** be collected on-site at one's victory ceremony or later at the registration deck.
- If you cannot make it to your awards ceremony, you can send a friend, a coach, or a fellow athlete to grab them for you..
 - If none of the above is possible, we will keep the medals for pick-up for the next six months at a USA Weightlifting National Event.

AWARDS CEREMONY LOCATION (SEE BELOW)



ATHLETE INFORMATION

MISCELLANEOUS

CLOTHING

- The competition singlet (costume) must be one piece and may be of any color/pattern/design. The competition singlet (costume) must be worn with straps over shoulders as intended by the manufacturer in the weigh-in room and on the competition platform and stage.
- The unitard must be a solid color, but the top and bottom may be different solid colors. No logos are allowed within ten (10) cm of the elbow area. The ten (10) cm area consists of five (5) cm above and five (5) cm below the elbow. If the unitard impedes the ability of the referees to adjudicate the lifts, the athlete may be asked to remove or change the unitard.

AMERICAN RECORDS

- American records can be set at National events. A lift of one kilogram higher than a current record or American Standard will break it.
- Following the competition, requests for American record certificates can be made to jenna.bohanski@usaweightlifting.org.

DRUGS AND DOPING CONTROL

- A comprehensive list of currently prohibited substances can be found on the U.S. Anti-Doping Agency website. Additional anti-doping information can be found on USA Weightlifting's website.

SAUNA

- There is no sauna located on-site and athletes looking to use a sauna should make their own arrangements.

U.S. CENTER FOR SAFESPORT-POLICIES

- In conjunction with the U.S. Center for SafeSport, USA Weightlifting has stringent athlete safety policies in place. Relevant concerns can be reported through the Center's website.



ROGUE KILO CLUB CHALLENGE

- **WHAT IS IT:**

- Check out the Rogue Kilo Club Challenge. Achieve your target weight tier, find your max cumulative total for the following two lifts in this order, in one hour.
 - 1 Rep Max Snatch
 - 1 Rep Max Clean & Jerk

HOW TO ENTER

- A \$30 entry fee gets you entry + an official Rogue Challenge t-shirt.
- Visit the link below to register and to earn your spot on the leaderboard.
- <https://www.roguefitness.com/the-kilo-club-challenge-registration>



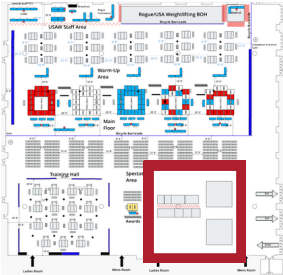
VENDORS

ON-SITE VENDORS

- While you are at the Virus Weightlifting Finals and the United Masters Weightlifting Federation World Champions, be sure to check out our vendor area! We have some brand-new vendors and sponsors joining us in Daytona, so be sure to go say hello!

VENDOR LIST

- Virus- Official USA Weightlifting Apparel and Singlets
- Power Play Fuel- Official Protein and Supplements of USA Weightlifting
- Happy Thumbs Tape Company- Official Thumb Tape of USA Weightlifting
- Primo Chalk- Official Chalk of USA Weightlifting
- 2POOD- Official Weightlifting Belts of USA Weightlifting
- Nike- Official Weightlifting Shoes of USA Weightlifting
- Onyx Weightlifting Co.- Official Straps and Wraps of USA Weightlifting
- Barbell Voodoo- The "Funniest Gym Clothing on the Market"
- DC Blocks- Pulling Blocks
- Second Pull- Olympic Lifting Program Weightlifting App



PHOTOGRAPHY

- You can preorder your photos now at lifting.life/preorder to get all of your competition photos as soon as they are uploaded.
- With your order, you'll get access to 100+ sequence photos of your lifts on the competition platform, made available for you to download watermark-free from LiftingLife's website.
- Email support@lifting.life with any questions.

Please support our photographers!

