

CrossFit
TRAIN
BY BLACKBOX



CROSSFIT TRAIN BLACKBOX AMATEUR WEIGHTLIFTING MEET 2025 HANDBOOK

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WELCOME TO THE 2025 CROSSFIT TRAIN BLACKBOX AMATEUR WEIGHTLIFTING MEET!

You're about to take on the platform and put your strength to the test! This event is designed to challenge lifters of all levels in a supportive and competitive environment. Whether this is your first meet or you're a seasoned lifter, we look forward to an incredible weekend celebrating strength, skill, and community.

This document will guide you through the logistics of the competition before, during, and after the event. It will be updated as needed, so please review it carefully and refer back if you have any questions.

For any inquiries, our Event Support Crew will be available at the competition area to assist you. Stay updated with the latest announcements, schedule changes, and heat times via our official communication channels. Please be flexible, as the schedule may be subject to change due to unforeseen circumstances.

You are stepping onto the platform at one of the most exciting amateur weightlifting meets. We encourage all athletes to lift with integrity, respect fellow competitors and event staff, and embrace the journey. Your dedication and hard work inspire our community, and we're honored to have you here.

Good luck with your final preparations—we can't wait to see you on the platform!

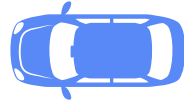
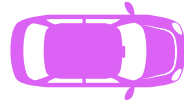
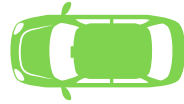
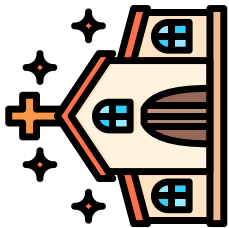
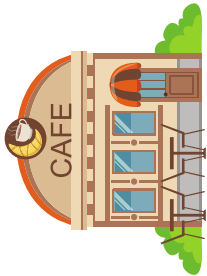
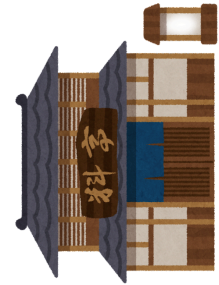
Sincerely,

TABLE OF CONTENTS

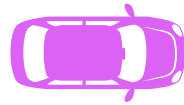
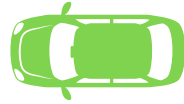
1. VENUE MAP	3
2. ATHLETE REGISTRATION	5
3. EVENT AREA ACCESS	5
4. TRANSPORTATION OVERVIEW	7
5. WEEKEND SCHEDULE OVERVIEW	8
6. ATHLETE HEAT SCHEDULE	10
7. ATHLETE CHECK-IN & COMPETITION FLOW	10
8. SCORING PROTOCOL & APPEALS	11
9. ATHLETE WITHDRAWAL DURING COMPETITION	13
10. BAG POLICY & FOOD/BEVERAGE REGULATIONS	14
11. CLOSING CEREMONIES	14

Venue Map

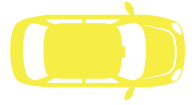
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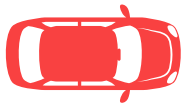
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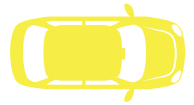
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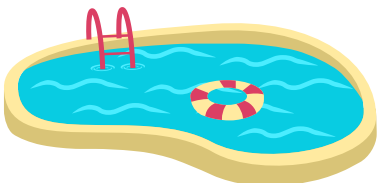
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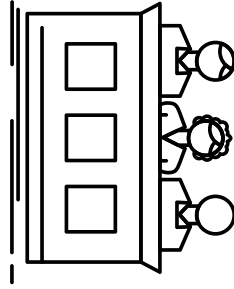
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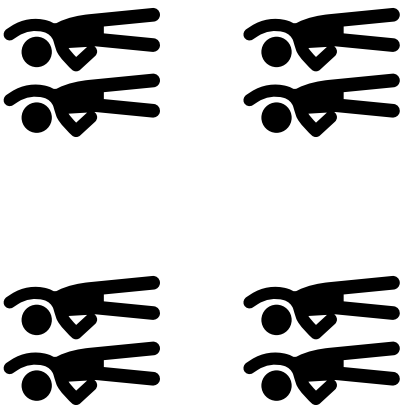
We are here



Venue Map



technician team

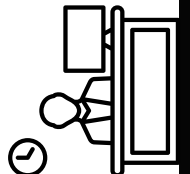


warm-up area

ENTRANCE



register at the concierge



ATHLETE REGISTRATION

CrossFit Train BlackBox Amateur Weightlifting Meet will take place on Saturday, April 26th, 2025, and Sunday, April 27th, 2025, from 9:00 AM to 5:00 PM. All athletes must complete their registration and weigh-in before competing.

Athlete Registration and Weigh-In will be located at the Concierge. To register at your respective check-in time:

- All athletes must check in and complete weigh-in between 7:00 AM – 8:00 AM at the Concierge.
- A valid government-issued ID is required at check-in. Athletes must be present in person; no proxies are allowed.
- Failure to complete check-in within the designated time may result in disqualification.

EVENT AREA ACCESS

During competition days, all athletes will have access to the competition and warm-up areas. Athletes will receive the following amenities:

ENTRANCE

- Athletes should enter through the designated Athlete Entrance. No credentials are required for spectators.

REGISTRATION AREA

- If you have specific questions or concerns, visit the Event Support Crew at the Registration Desk.

WORKOUT CHECK-IN

- Please check in at the Registration Desk at least 30 minutes before your scheduled lift time.
- The Event Support Crew will assist you with any questions regarding schedules, lift orders, and heat times.
- Event Support Crew members will not answer questions about weightlifting techniques or movement standards. You will have an opportunity to ask questions during your briefing.

ATHLETE WARM-UP

- The warm-up area will open one (1) hour before the start of the competition day and will close once the final lift of the day is completed.
- The warm-up area is located next to the main competition stage.

RESTROOMS

- Bathrooms and toilets will be available throughout the venue.

MEDICAL TEAM

- The Medical Team will be available on-site throughout the event. Look for the red medical shirts if you need assistance.

TRANSPORTATION OVERVIEW

GYM ADDRESS

Lot G-1, Bangunan Ex-8, No.3, Jalan SS13/4,
Subang Jaya Industrial Estate, 47500 Subang Jaya, Selangor.
Located beside Sekolah Sri UCSI, Subang.

Public Transport Directions from KLIA 1 & KLIA 2

1. KLIA Express (ERL): Take the ERL to KL Sentral. The fare is approximately RM55.
2. LRT Kelana Jaya Line: From KL Sentral, board the LRT to USJ 7 Station. The fare is approximately RM4.
3. BRT Sunway Line: At USJ 7, transfer to the BRT and alight at SS13 Station. The fare is approximately RM3.
4. Walking: From SS13 Station, it's a 5-minute walk to the gym.

Estimated Total Cost: Approximately RM62.

Alternatively, you can take a Grab directly from KLIA to the gym. The fare is approximately RM65, excluding toll charges.

PARKING

After entering the guardhouse, there is ample parking available inside the building. If the parking inside is full, you may park outside the building, which is also allowed.

LODGING

There are multiple hotels and accommodations available near Train BlackBox to suit different budgets and preferences. We recommend choosing a location in Subang Jaya or Bandar Sunway for easy access to the gym.

When booking, consider factors such as distance, amenities, and transportation options to ensure a comfortable stay. The gym is easily accessible by car, Grab, or public transport.

WEEKEND SCHEDULE OVERVIEW

Female Schedule

Category	Weight In Time	Start
26th April 2025		
F 55kg	7am	9am
F 59kg	7am	9am
F 64kg	1030am	1230pm
F Masters	1030am	1230pm
27th April 2025		
F 71kg	10am	12pm
F 76kg	10am	12pm
F 87kg+	10am	12pm

All times are in Malaysia Time (MYT)

Male Schedule

Category	Weight In Time	Start Time
26th April 2025		
M 61kg	830am	1030am
M 67kg	830am	1030am
M Masters	12pm	230pm
27th April 2025		
M 81kg	7am	9am
M 73kg	1230pm	230pm
M 89kg	830am	1030am
M 96kg	1130am	130pm
M 102kg	1130am	130pm
M 109kg	1230pm	230pm
M 109+kg	1230pm	230pm

All times are in Malaysia Time (MYT)

ATHLETE HEAT SCHEDULE

The athlete heat schedule will be emailed before the start of the competition. All athletes will be assigned to heats, and the schedule will be finalized by March 28th.

ATHLETE CHECK-IN & COMPETITION FLOW

To ensure a smooth competition schedule, all athletes must follow the check-in and lifting process as outlined below:

- **120 - 90 minutes** before session start: Athletes check in at the registration desk and complete weigh-in before entering the warm-up area.
- **90 - 30 minutes** before session start: Athletes enter the warm-up area and begin their preparations.
- **30 - 10 minutes** before session start: Athletes finalize their warm-up and submit their first declared attempt.
- **10 minutes** before session start: Athletes are briefed by the Head Judge and prepared for their opening lift.
- **2 minutes** before attempt: Athlete is called to the competition platform.
- **1 minute** before attempt: Athlete must be ready on the platform and begin their lift upon the referee's signal.

Athletes must be present and ready when called for their attempt. Missing a call may result in a missed lift.

SCORING PROTOCOL & APPEALS

ALL SESSIONS

At the end of each lift, all athletes must sign their scorecard and ensure that their attempt is properly recorded by the judge. Signing the scorecard does not mean you agree with the result—it simply confirms that a score has been recorded. If necessary, athletes may submit an appeal.

SCORING & APPEAL PROCESS

- Official attempts will be recorded by the judge and entered into the system.
- In case of a dispute, athletes or coaches may submit an appeal.
- Video recordings may be used for review in appeal cases.
- Judgment calls made by officials during the session will stand unless an official appeal is filed.

APPEAL RULES

- Each athlete starts the competition with one (1) appeal available.
- Appeals must be submitted within 60 minutes of the score being published.
- If an appeal is granted, the athlete retains their appeal count.
- If an appeal is denied, the athlete loses that appeal from their appeal count.
- Athletes who miss mandatory competition responsibilities (such as check-in or briefings) may lose an appeal at the discretion of the Head Judge.
- Appeals regarding another athlete's score will not affect your appeal count.
- The final decision on appeals will be made by the Appeals Resolution Team.
- All scoring entry errors must be corrected by the end of the competition day.

ATHLETE WITHDRAWAL DURING COMPETITION

If an athlete is unable to continue competing due to illness, injury, or any other reason, they or their coach must notify the Support Event Crew at the designated Athlete Check-in area.

Medical Withdrawal Protocol.

To ensure athlete safety and well-being, the following steps will be followed in case of an injury that requires medical attention:

- 1. Assessment of Injury Severity** – If an athlete experiences an injury that raises concerns about severity or has a significant impact on their performance, the medical team will conduct an evaluation.
- 2. Ability to Continue** – The athlete must demonstrate their ability to continue lifting while maintaining the required movement standards. If continuing presents a risk to their health, further participation may not be allowed.
- 3. Final Decision** – The decision to withdraw an athlete due to injury will be made collectively by the Competition Director, Head Judge, and Medical Team to prioritize the athlete's safety.

Athletes removed from the competition for medical reasons will not be permitted to return.

BAG POLICY & FOOD/BEVERAGE REGULATIONS

All bags will be subject to security checks. Weapons or any items perceived as weapons are strictly prohibited, and possession of such items will be reported to the authorities, resulting in denied entry.

Athlete Food & Beverage Policy

- Athletes may bring their own food and drinks for personal consumption.
- Please bring ready-to-eat food, as microwaves and heating facilities will not be available.
- If entering designated spectator areas, large coolers or excessive food/beverage items will not be permitted.

Competition staff reserves the right to refuse entry to any athlete or volunteer who does not comply with these regulations.

NO ALCOHOL MAY BE BROUGHT INTO THE VENUE. NO EXCEPTIONS.

CLOSING CEREMONIES

We are excited to celebrate our top athletes at the end of an incredible competition! All podium finishers are required to stay for the awards ceremony.

- Weightlifting Meet Awards Sunday, April 27th, after 5:00 PM, following the final session.

THANK YOU TO OUR VALUED SPONSORS

