

CrossFit
TRAIN
BY BLACKBOX



CROSSFIT TRAIN BLACKBOX AMATEUR WEIGHTLIFTING MEET 2025 HANDBOOK



Vitamode®

SCIENTIFIC WELLNESS FOR YOU

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!

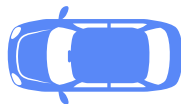
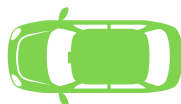
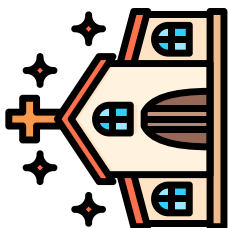
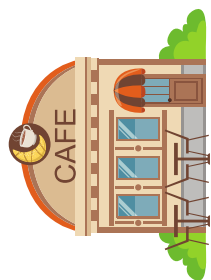
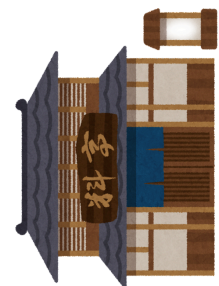
Sincerely,
HEE JIN CHONG
Competition Director

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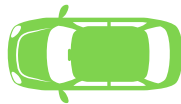
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Venue Map

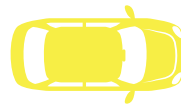
Entrance



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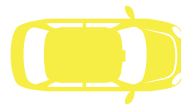
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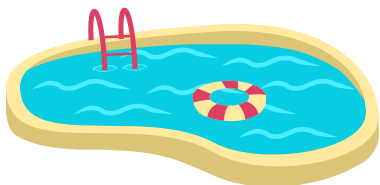
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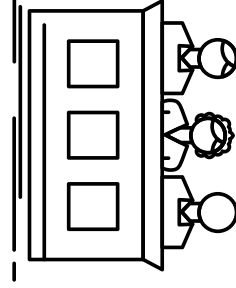
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We are here



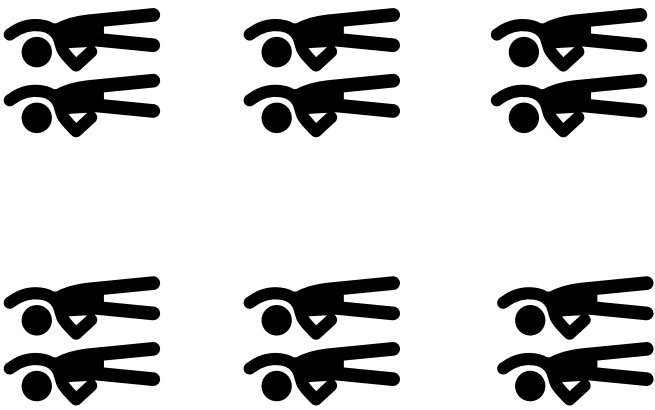
Venue Map



judges



Technical team

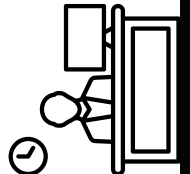


warm-up area

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 2 hours before start time at the Concierge. Weigh in and check in will close one hour before your start time.
- 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 including their handler 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.

PRE-LIFT

- Please be at the warm up area at least 10 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.
- A roll call and athlete introduction will be conducted before the lifting session starts

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 competition.

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.

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 April 10th.

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.

Pre-Event Talk by BeWell Chiropractic

We are pleased to share that BeWell Chiropractic will be giving a special talk at 8:00 AM on 26th April, before the Weightlifting Meet begins. This session is free for all registered participants and will cover how chiropractic care can support optimal performance, injury prevention, and faster recovery. We highly encourage all athletes to attend and make the most of this informative session.

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.

AWARD CEREMONIES

Prizes and award will be given to podium athletes after the end of the snatch session. For the Overall best lifter, it will be given at the end of the event (5pm Sunday April 27th)

THE TWO LIFTS - MOVEMENT STANDARDS

GENERAL

In the sport of weightlifting the IWF recognises two (2) lifts which must be executed in the following sequence:

- a) The Snatch
- b) The Clean & Jerk

Both lifts must be executed with two hands. A maximum of three (3) attempts is allowed in each lift

THE SNATCH

The barbell is centred horizontally on the competition platform. The athlete takes the start position behind the barbell. The athlete grips the barbell and bends at the knees. The barbell is gripped, palms downward and pulled in a single movement from the platform to the full extent of both arms above the head, while either splitting or bending the legs. During this continuous movement upward the barbell should remain close to the body and may slide along the thighs. No part of the body other than the feet may touch the platform during the execution of the Snatch. The athlete may recover in his / her own time, either from a split or a squat position. The lifted weight must be maintained in the final motionless position, with both arms and legs fully extended and feet on the same line and parallel to the plane of the trunk and the barbell. The athlete waits for the Referees' signal to replace the barbell on the competition platform. The Referees give the signal to lower the barbell as soon as the athlete becomes motionless in all parts of the body.

THE CLEAN & JERK

The first part, the Clean:

The barbell is centred horizontally on the centre of the competition platform. The athlete takes the start position behind the barbell. The athlete grips the barbell and bends at the knees. The barbell is gripped, palm downward and pulled in a single movement from the platform to the shoulders, while either splitting or bending the legs. During this continuous movement upward the barbell should remain close to the body and the barbell may slide along the thighs. The barbell must not touch the chest before it stops at the final position either on the clavicles, chest or on fully bent arms. The athlete's feet must return to the same line and the legs must be fully extended before starting the Jerk. No part of the body other than the feet may touch the platform during the execution of the Clean. The athlete may recover in his / her own time and must finish with the feet on the same line and parallel to the plane of the trunk and the barbell.

The second part, the Jerk:

The athlete must become motionless with the knees fully extended before starting the Jerk. The athlete bends and dynamically extends the legs and arms simultaneously to move the barbell upward in one motion to the full extent of the arms, while either splitting or bending the legs. The athlete returns his / her feet to the same line parallel to the plane of the trunk and the barbell with his / her arms and legs fully extended. The athlete waits for the Referees' signal to replace the barbell on the competition platform. The Referees give the signal to lower the barbell as soon as the athlete becomes motionless in all parts of the body. Before the Jerk, the athlete may adjust the position of the barbell for the following reasons:

- a) to withdraw or "unhook" the thumbs
- b) if breathing is impeded
- c) if the barbell causes pain
- d) to change the width of the grip

The barbell adjustments noted above are not considered to be an additional attempt at the Jerk.

GENERAL RULES FOR ALL LIFTS

- The technique known as “hooking” is permitted. It consists of covering the thumb with the other fingers of the same hand at the moment of gripping the barbell.
- In both lifts, the Referees must count as “No lift” any unfinished attempt in which the barbell has reached the height of the knees.
- After the Referees’ signal to lower the barbell, the athlete must lower it in front of the body. The grip on the barbell must only be released when it has passed the level of the shoulders.
- An athlete, who, for any reason, cannot fully extend the elbow(s), must report / display this fact to all on-duty Referees as well as the Jury prior to the start of competition and may remind them of this fact prior to the start of each lift when on the platform. This is the sole responsibility of the athlete. The Jury may call the Competition Doctor to examine it.
- When snatching or cleaning in the squat style, the athlete may assist their recovery by swinging or rocking their body while in the squat position.
- The use of chalk (magnesium carbonate) is permitted.

- The use of grease, oil, water, talcum, cream or any other lubricant on the athlete's thighs is forbidden. An athlete who uses forbidden lubricant(s) is ordered to remove it immediately. If during the removal, the clock is running for that athlete, the clock remains running.
- It is the sole responsibility of the athlete to complete each lift in accordance with the IWF TCRR and to the satisfaction of the on-duty Technical Officials.

INCORRECT MOVEMENTS

Incorrect Movements for All Lifts

- Pulling from the hang, defined as: stopping the upward movement of the barbell during the pull.
- Touching the platform with any part of the body other than the feet.
- Pause during the extension of the arms.
- Finishing with a press-out, defined as: continuing the extension of the arms after the athlete has reached the lowest point of his / her position in the squat or split for both the Snatch and the Jerk.
- Bending and extending the elbows during the recovery.
- Leaving the competition platform or touching the area outside the competition platform with any part of the body before the complete execution of the lift.
- Dropping the barbell from above the shoulders.
- Failing to replace the complete barbell on the competition platform.
- Not facing the Centre Referee at the beginning of the lift.
- Releasing the barbell from an incomplete position.
- Touch the barbell with his / her footwear.

Incorrect Movements for the Snatch

- Pause during the lifting of the barbell.

Incorrect Movements for the Clean

- Resting or placing the barbell on the chest at an intermediate point before its final position producing a “double clean”; often referred to as a “dirty clean”.
- Touching the thighs or the knees with the elbows or the upper arms.
- Incorrect movements for the Jerk
- Any apparent effort to jerk which is not completed; including, lowering the body or bending the knees.
- Any deliberate oscillation of the barbell to gain advantage. The athlete must become motionless before starting the Jerk.

INCOMPLETE MOVEMENTS AND POSITIONS

- Uneven or incomplete extension of the arms at the completion of the lift.
- Failing to finish with the feet and the barbell in line and parallel to the plane of the trunk.
- Failing to fully extend the knees at the completion of the lift.

WEEKEND SCHEDULE OVERVIEW

Category	Weigh In Time	Start
26th April 2025		
8AM BeWell Chiropractic Health Talk		
F 55kg	7am	9am
F 59kg	7am	9am
F 64kg	9am	11am
M 61kg	1030am	1230pm
M 67kg	1030am	1230pm
M 102kg	1230pm	230pm
M 109kg	1230pm	230pm
M 109+kg	1230pm	230pm
M 73kg	2pm	4pm
M 96kg	2pm	4pm

All times are in Malaysia Time (MYT)

Category	Weigh In Time	Start Time
27th April 2025		
M 81kg	7am	9am
F 71kg	9am	11am
F 76kg	9am	11am
M 89kg	1030am	1230pm
F 87kg	1230pm	230pm
F Masters	1230pm	230pm
M Masters	2pm	4pm

All times are in Malaysia Time (MYT)

CATEGORY

26TH APRIL 2025

FEMALE 55KG, 59KG

WARM UP TIME: 7AM

START TIME: 9AM

VANIA QUAH SHIH LYN

BRIDGET ZHONG SIHUI

**IZNI SAARA MOHAMED
FAUZI**

EMMY LOY SOOK WAH

SHALINI KRISHNAN

NATALIE LEE

SAMANTHA THAM

THONG SHU KHIEN

TAN WUI JING

NISHA ANGGUN

IMAAAN SABEELA

26TH APRIL 2025

FEMALE 64KG

WARM UP TIME: 9AM

START TIME: 11AM

NURBAZILAH ARIFFIN

WIRDA ASHIKIN

ONG LEE YING

CHOW SHENN NI

OOI LI ANN

FRANCESCA CIMMINO

TAN AEN

26TH APRIL 2025

MALE 61KG, 67KG

WARM UP TIME: 1030AM

START TIME: 1230PM

BRYAN RAJ

THONG WENG SHENG

NAIM BIN HAMZAH

MUDHAFFAR ADHWA RAZI

JUSTINE HO JIA XIAN

**MUHAMMAD SAIFUDDIN
BIN MUHAMMAD**

**ADAM SHUKRI BIN EBI
SHAHRIN**

PUEN YAN SHENG

ALIFF ADNAN

CHONG KAI ZHI

LOW CHEE CHONG

PRADEEP MANOGERAN

PRINCE HEW TECK POH

26TH APRIL 2025

MALE 102KG , 109KG & 109+KG

WARM UP TIME: 1230PM

START TIME: 230PM

**ABDILA IYAD BIN ABDUL
JALIL**

BENJAMIN GOH

**SHEIKH HISHAM
ISKANDAR**

HARITH MD NASIR

RAJA IRFAN RITHWAN

RASHIDAN DANIEL HUSNI

NG KIA KIEN

NICHOLAS IAN JONES

YOON WYE XIANG

26TH APRIL 2025

MALE 73KG, 96KG

WARM UP TIME: 2PM

START TIME: 4PM

FAWWAZ ROSYADIE

TYREECE NIKHAIL HIRESH

**MOHAMMAD DANIAL BIN
ZULRUSHDI**

LEW CHEN KEONG

EOH GUANG CHI

LUCAS LAU

ASHRAF ZAIDI

**MATTHEW CHAN CHOW
CHEE**

CHIAM TOW WANG

SHYAN

AMMAR HANIPAH

27TH APRIL 2025

MALE 81KG

WARM UP TIME: 7AM

START TIME: 9AM

SUE YUNG JEN

HO HSIEN LOONG

DANIEL LEONG

NAIM ZAILAN

BRYAN WONG

OMAR LAVATELLI

SHANKAR CHANDRAN

XUE EN LIM (SEAN)

KEITH NG

HEE JIN CHONG

27TH APRIL 2025

FEMALE 71KG, 76KG

WARM UP TIME: 9AM

START TIME: 11AM

LAILY MARLISA AB RAHIM

RAJA NOOR HAZMAR

VICTORIA LOH YEN WEI

**NOR KHASIDA BINTI
ABDUL HALIM**

ASHIKIN NORISAM

TAN MEI XIN, TASHA

**NUR ILI ATHIRAH AHMAD
KAMAL**

SARAH ZURAIDY

**AMELIA KRYSHANTHINI
SHELTON**

YVONNE NG SHIAO TENG

27TH APRIL 2025

MALE 89KG

WARM UP TIME: 1030AM

START TIME: 1230PM

EDDY SYAMIN

**WAN MUHD FARIS BIN WAN
YUSOFF**

**MUHAMMAD ELVIN BIN
MUHAMMAD HIDAYAT**

HO JIA WEI (KEVIN)

**AFIQHAZIQ DANIEL BIN
ROHIZANUDIN**

YONG YUN KEONG

**ELISHA LOUIS TAN KIM
HO**

BOON HOE TAN

YASSIN MOHAMED NOOR

AIMAN SALIM

AARON CHAN

27TH APRIL 2025

FEMALE 87KG+, MASTERS

WARM UP TIME: 1230PM

START TIME: 230PM

ESTHEE LIM

TEH XIN LEI

SAKINAH AZMAN

YLIA NASIR

**INTAN JAWAHIR BT
JOHARE**

**WIKUNYA
SRISAMMASHEEP**

**AISYA HANEM BINTI
HASHIM**

NUR NADHIRAH SYAHMI

YI YING WONG

FARAH KOH SIEK EE

27TH APRIL 2025

MALE MASTERS

WARM UP TIME: 2PM

START TIME: 4PM

AU KENN

PHANG MOON SENG

HEDZRI PJ

JONATHAN WONG

CARL SCHROEDER

ALI MIR

HIRESH HARIDAS

**MOHD FADZIL FIRDZAUS
MOHD NOR**

AMREE ARIFF

ADAM LUTFIE

MOHD SYAHZAN RUSNI

HAMMAD NAFEES

FARHAN ARIFF MOHD

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