



Powerlifting

WELCOME!

You are now part of one of the world's most exciting sports events. The Rio 2016 Paralympic Games Spectator Guide brings tips and important information to enable you to make the most of this great party. Enjoy your reading!



GOLDEN TIPS

What you need to know to enjoy every single moment of the Rio 2016 Games

- Before leaving, **check out the latest information** about the Games on rio2016.com
- Do not forget your tickets and **check the date, time and place** of competitions on the website before leaving. Get more tickets on rio2016.com/en/tickets
- **Check the weather forecast** and prepare yourself accordingly
- **Use public transport.** It is not possible to park at the competition venues and their surroundings
- **Plan your trip.** Transport systems and competition venues will be crowded. It can take you a while to go back and forth!
- Arrive early: **this venue opens one and a half hour before the competition gets underway.** If the session has already started, you may have to wait for a break to enter. **Check out this information** at rio2016.com/en/venues
- You will go through a **security check** with X-ray equipment. **Forbidden or restricted items** will be collected and not returned. **Check the complete list** on rio2016.com/en/venues
- **Avoid carrying bags to speed up your entrance.** If necessary, choose the smaller ones that you can put on your lap or under the seat
- **Identify children** and other special cases with **bracelets made available at the public information desks**
- Look for the **Rio 2016 team** members wearing **green** - they are there to **help you!**
- **It is forbidden to smoke at the competition venues.** There are designated smoking areas. Get more information with the volunteers or at the public information desks
- This **Guide has a map with the services available at the venues**
- **Within Rio 2016 venues, payments** can only be made in **cash or Visa debit**, credit or pre-paid cards
- **Download the official app** on rio2016.com/en/app and **stay tuned** to everything that happens during the Games
- Bring your energy and support. Let's make it an unforgettable party!

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LEARN MORE ABOUT RIO

Nature, culture and gastronomy are permanent attractions in the city, which has been welcoming more and more tourists with open arms. The Olympic City is ready to welcome visitors arriving for the Rio 2016 Games and is preparing an amazing programme for the Live Sites installed at strategic locations in the city, where you can watch the Games broadcast and enjoy a vast cultural programme.

Go to the visit.rio portal and discover the wonders of Rio de Janeiro.

SUSTAINABILITY

Do your part and dispose of your rubbish appropriately. Use the coloured recycling collectors provided: they benefit recycling cooperatives, generating social inclusion and new businesses.

ACCESSIBILITY

Individuals with an impairment or reduced mobility, such as obese people, senior citizens, pregnant and breastfeeding women and people with small children are entitled to preferential service when accessing venues and on services offered to Games' spectators. Exclusive services intended for this audience are also available at all venues. Get more information with the volunteers or at the public information desks.

FORMS OF PAYMENT

VISA In recognition of its long-standing support to the Paralympic Games, only Visa cards (debit, credit or prepaid) and cash are accepted for purchases at Rio 2016 venues.

CONTACT US

An open channel to listen to you.
Call centre: + 55 (21) 3004-2016*
rio2016.com/en/contact

*Price of a local call if calling from Brazil.
Price of a call to Rio de Janeiro if calling from overseas.

UNDERSTANDING THE SPORT

HOW IT ALL BEGAN

Powerlifting debuted at the Tokyo 1964 Paralympic Games, when athletes with spinal injuries participated in four events, at the time still under the weightlifting category. In the following years, the sport underwent transitions to include athletes with other types of impairment and debuted in its new format at New York/Stoke Mandeville 1984. Women have been participating since Sydney 2000, and, today, powerlifting is one of the fastest growing Paralympic sports, being practised in around 100 countries.

ABOUT THE COMPETITION

There is only one functional class, which means that athletes have to meet minimum eligibility criteria to compete. Impairments falling into this category include hypertonia, ataxia, athetosis, limb impairments (amputation), decreased passive range of movement, impaired muscle power, leg length differences, and low height combined with other types of impairment.

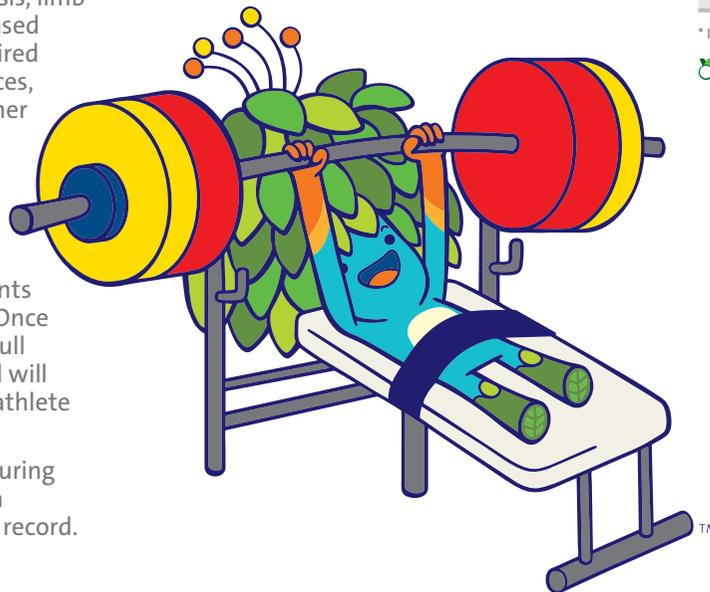
Athletes lay on their backs on the bench and may choose to be fastened by one or two belts. Subsequently, they have the option of using one or two assistants to help them lift the support bar. Once the athlete is considered to be in full control of the bar, the chief official will make the starting signal, and the athlete completes the lift.

Each athlete has three attempts during the competition and can request a fourth if trying to break the world record.

A possible fourth attempt, offered at the discretion of the jury and/or the technical delegate, does not interfere in the final classification: the winner of the competition is the one who lifts the most weight in his body weight category. In the event of a tie, the winner is the athlete with lower body mass.

DID YOU KNOW?

China's Taoying Fu has a perfect track record in the Paralympic Games, winning four gold medals in the four times he participated in the event. His wins were in different weight categories: up to 56kg, up to 60kg, up to 67.5kg, and up to 75kg.



PROGRAMME*

SEPTEMBER		SESSIONS		
07	WED			
08	THU		13:00 14:30	16:00 17:30
09	FRI	10:00 11:30	13:00 14:30	16:00 17:30
10	SAT	10:00 11:30	13:00 14:30	16:00 17:30
11	SUN	10:00 11:30	13:00 14:30	16:00 17:30
12	MON	10:00 11:30	13:00 14:30	16:00 17:30
13	TUE	10:00 11:30	13:00 14:30	16:00 17:30
14	WED	10:00 11:30	13:00 14:30	16:00 17:30
15	THU			
16	FRI			
17	SAT			
18	SUN			

* Information subject to change without prior notice.

 Sessions with victory ceremonies are in bold.

EVENTS

M - 49kg	F - 41kg
M - 54kg	F - 45kg
M - 59kg	F - 50kg
M - 65kg	F - 55kg
M - 72kg	F - 61kg
M - 80kg	F - 67kg
M - 88kg	F - 73kg
M - 97kg	F - 79kg
M - 107kg	F - 86kg
M + 107kg	F + 86kg

M Male **F** Female



PLANNING YOUR TRIP

ARRIVING AT RIOCENTRO

Known for hosting international exhibitions and trade shows, Riocentro is near Barra Olympic Park. Three of its pavilions are Rio 2016 Games venues. Check out how to get there:

BRT - JD. OCEÂNICO X CENTRO OLÍMPICO > CENTRO OLÍMPICO TERMINAL/MORRO DO OUTEIRO
18min walk/1,300m

BRT - RECREIO X VILA MILITAR > RIOCENTRO STATION
8min walk/550m

Accessible station - Riocentro station is accessible. Learn more about public transport accessibility during the Games at visit.rio.

ATTENTION!

- Make sure you check the competition schedule and public transport stations
- Buy in advance the Cartão dos Jogos (transport card). Some stations are only available for transport card and ticket holders
- Learn more about Cartão dos Jogos and public transport at visit.rio
- Check the venue entry locations and pay attention to the signs at the stations
- After the competition, check the venue exits and public transport access signs
- Walking times are estimated based on the average speed of 1.2m/s

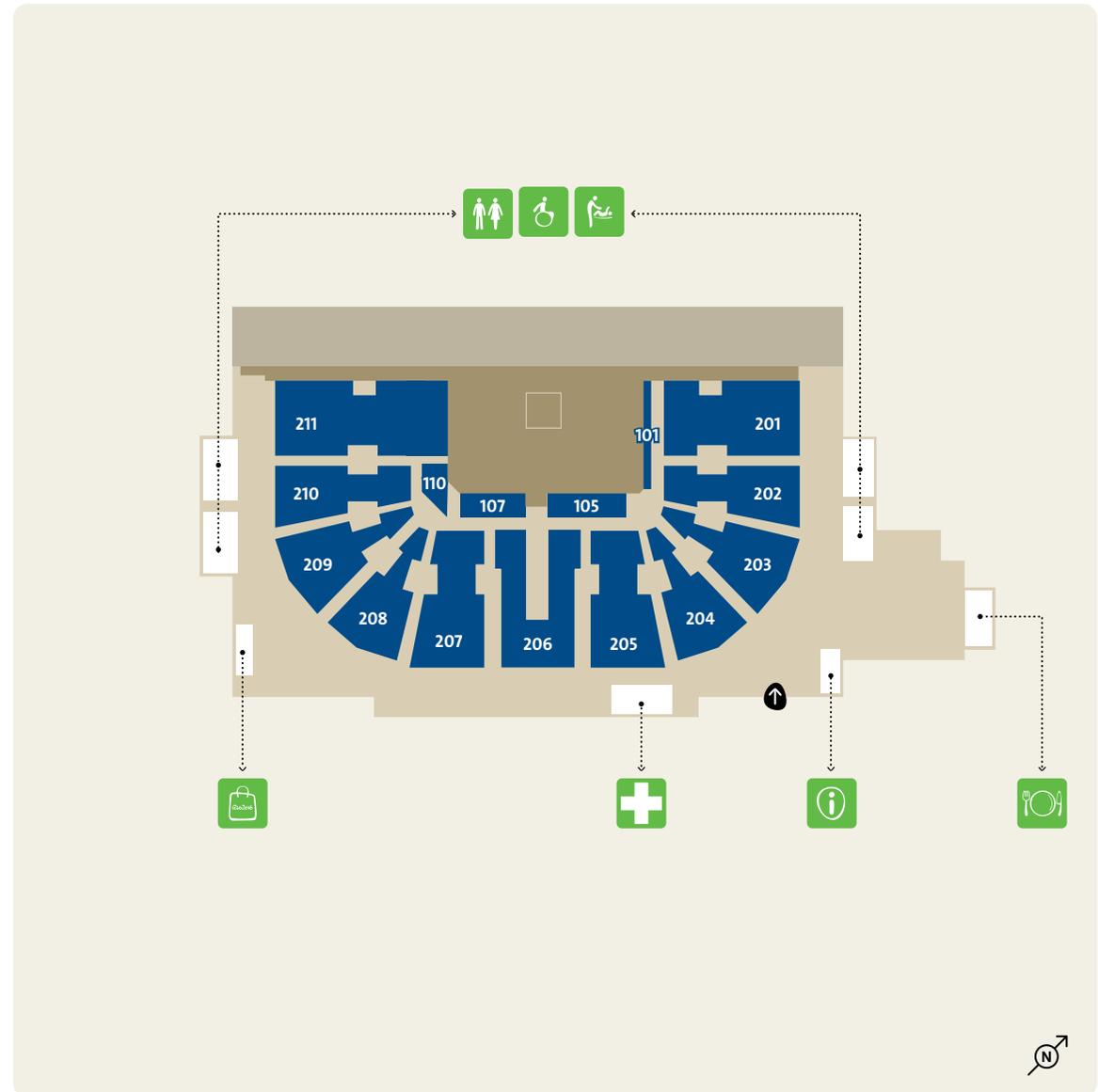
-  Riocentro - Pavilion 2
-  Entry or exit
-  Spectator way
-  BRT station
-  Accessible station



DISCOVERING THE VENUE



-  Entry
-  Stands
-  Public information
-  Spectator medical post
-  Toilets
-  Accessible toilet
-  Baby changing
-  Food and beverage
-  Rio 2016 Store



ACCESSIBLE SUBTITLE: IMAGE OF THE VENUE BLUEPRINT



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