



# Adaptive Open 2026

Oldbury Academy, Birmingham, 7 June



# Adaptive Information Pack

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## Overview

BWL (British Weight Lifting) are pleased to be delivering the British Adaptive Open at the Oldbury Academy, Oldbury.

## Venue Information

The competition will be held at:

Oldbury Academy,

Pound Road,

Oldbury,

Birmingham,

B68 8NE.

## Travelling.

The school offers several free parking options. The primary car park can be found off Pound Road, and there are also numerous nearby streets where parking is available at no cost.

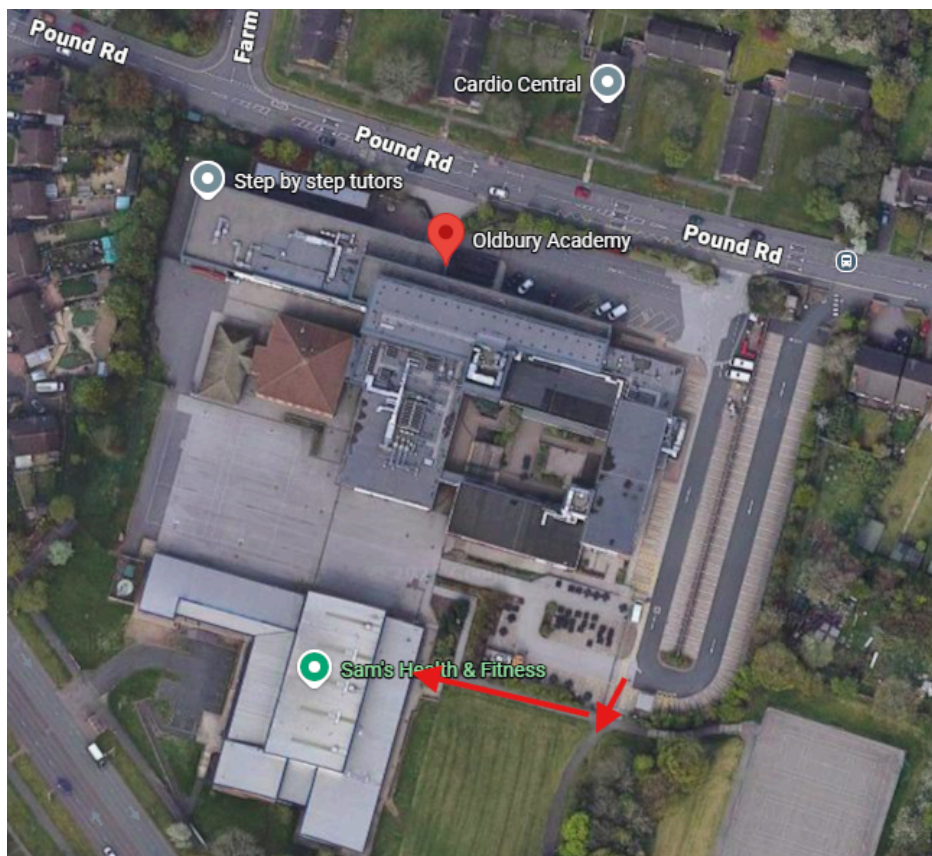
If travelling by train, the nearest station is Langley Green, which is 1.6 miles from the venue.

## Disabled Access and Parking.

The primary car park can be accessed via Pound Road and includes five designated disabled parking spaces. Additionally, it offers ramp access to into the sports hall.

Further details regarding disabled access at the venue can be found [here](#).

The below image shows the access route into the sports hall via the main car park.



## Competition Schedule and Start List

The final competition schedule and start list is available: [Adaptive Open - British Weight Lifting](#)

Please be aware that the timings may still change on the day of the event. Any adjustments will be communicated to the coaches and lifters involved.

## Registration

On arrival, all athletes, coaches, and technical officials must check in at the BWL registration desk, this will be located next to the spectator seating and open from 8:30am.

## Competition Rules

The current Adaptive Technical Rules and Regulations (TCRR) will be followed.

The competition will run using the standard rising-bar format. The lifter with the lightest declared opening attempt will lift first, followed by athletes in ascending bar weight. Each lifter will have two minutes to commence their attempt once they are called to the platform.

## Briefing.

The purpose of this briefing is to discuss how each individual will perform their lifts. This may include, but is not limited to;

- The athlete's range of motion.
- The use of additional equipment needed to complete the lift.
- The addition of an assistant, wheelman, coach, or translator on the platform. These individuals are also permitted to attend the briefing.

Athletes will declare their opening attempts and bar weight to the session marshal before the athlete introductions take place.

Athlete introductions will take place 10 minutes before the listed start time, athletes will then be given a further 10 minutes before lifting commences.

## Medal Ceremonies

A medal ceremony will take place immediately after the end of each session. Medals will be presented based on the following -

Personal Best Performance Award - The award is given to the lifter who attains the highest total, surpassing their personal best, or closest to it in the event that no one exceeds that mark. Please make sure that the most up-to-date and accurate personal bests (PBs) are confirmed during the briefing.

Standout performance - Awarded by all referees, this recognition is presented to the lifter who delivers an exceptional lift or demonstrates an outstanding overall performance.

## Safeguarding

Our designated safeguarding officer for this event is Claire Deacon. All safeguarding reports and questions should be reported to BWL event staff or the registration desk.

## Medical

A paramedic will be present on-site for the entire duration of the competition, stationed at the back of the hall behind the spectators.

## Photography and Livestream

The event will be stream for free via [BWL.TV](https://www.bwl.tv).

Photographs of the lifters will be taken by White Lights Media - [White Lights Media](#)

Further details on the BWL Photography Policy can be found here - [Event Photography Policy](#). If for any reason you no longer consent to photography or videography been taken at the event please email [competitions@britishweightlifting.org](mailto:competitions@britishweightlifting.org) or speak directly with our staff on site.

## Food and Drink

Food and beverages will be available to purchase from the main entrance of the sports hall (cash only), however, you are able to bring your own refreshments too.

Should you have any queries please contact British Weight Lifting on 01132 249402 or email [competitions@britishweightlifting.org](mailto:competitions@britishweightlifting.org)