

VIRTUALMEET.NET MEET CHECKLIST

This checklist is based on the current rules <<http://virtualmeet.net/meets/rules/>>, and covers the recommended preparations.

The weeks before the meet:

- Read the rules thoroughly. Address questions to the forum.
- Make sure you have understood how to perform the lifts correctly as per the rules.
- Join the meet before the deadline (joining later is NOT possible). Also inform us of your lifting date before deadline.
- Check that the recommended camera angles are possible at your gym. If not; make them as close as possible, or find another gym to do your meet at.
- Make sure your camera works and do ask permission in advance from your gym to film your clips there.

The day before the meet:

- Re-read the rules.
- Double check the camera-angles.

Meet day:

- GET THE DAY'S NEWSPAPER!
- Double check that your camera is working and that the batteries are fully charged.
- Weigh-in max. 10 hours before your first competition lift.
- Make sure you have competition legal clothing.
- Meet time-limit: 2.5 hours in a full meet, 1.5 hours in a two-lift meet and 1 hour in one-lift events. Write down start and end times.

After the meet:

- Upload your clips to the server within 24 hours as per the information you've been sent.