



## SAUNA

A sauna will be available from 30 mins before the first weigh-in on each day of the competition.



## PARKING

Please use carpark 3 and 4 of the Sleeman Sports Complex if the Cougars Parking is full – please do not park on the Ring Road as the Sleeman will issue Parking Fines!



## FOOD & DRINKS

There will be a BBQ and we will be running a canteen with Tea Coffee Drinks and Cakes etc.



## LOCATION

Cougars Weightlifting Club is located at the Sleeman Sports Complex (under the velodrome)  
Corner of Old Cleveland Rd & Tilley Rd, Chandler, Brisbane.

