How to use Lift Complete Lite

This document describes the Lift Complete software used to manage the data generated in a competition.

Lift Complete Lite is based on three programs: Lift Weigh In.xlsm, Lift Manager.xlsm and Lift Loader.xlsm that interact with each other to produce a complete control system.

Lift Complete Lite uses Microsoft Excel 2007 later as the engine but these applications have a custom user interface specifically designed for Olympic Weightlifting Competitions and no longer support most of the Excel features.

Lift Complete Lite has been confirmed to work on Windows 7, Windows 8, and Windows 10. It does not work on Apple Mac version of Excel.

*Lift Complete Features:*

**Lift Weigh In **

* Easy to use forms for entering athletes into a session in the weigh in room
* Automatic calculation of weight classes with support of both IWF and USAW Youth categories
* Choice of male only  female only  or mixed gender weight classes.
* Saves the session on the network so Lift Manager can later load and run the session while weigh in continues for a different session
* Automatically calculates the weight classes based on actual body weight
* Prints USAW or IWF protocol sheets
* Prints PWA, Eleiko or IWF cards
* Properly assigns Start Numbers per the 2013 and 2017 IWF rules

**Lift Manager Application **

* Automatically and dynamically calculates the lifting order at an Olympic Weightlifting competition according to IWF rules
* Uses single data entry point to prevent transcription errors. Lift Manager reads the Lift Weigh In files at the start of a session. The only data entry needed is when coaches declare a new weight for an athlete or a good or bad lift needs to be recorded
* Push Button user interface to eliminate the most common data entry errors



* Provides an easy to read score sheet display for presentation to coaches and audience
* Automatically handles transition from snatch to clean and jerk sessions
* Automatically calculates Sinclair totals and adds the Meltzer-Faber factor when appropriate
* Manages information about the competition weight set and automatically communicates to Lift Loader which plates are needed on the bar.
* Flexibility built in to support multi-platform, multi-gender, multi-age group events
* Creates USAW required reports for after session data management and reporting

**Lift Loader Application **

* Shows loaders which plates are required on the bar graphically.
* At –A-Glance display helps keep the competition on schedule by helping loaders determine which plates are needed. This is especially useful when training loaders.
* Connects to the Lift Manager to display the weights required for the next lift.
* Handles Clips or Collars, 15 or 20kg bars, and competition weight sets
* Often used as an information display for the audience.

*System Requirements for Lift Complete:*

* Windows 7, Windows 8 or Windows 10, and Excel 2007 or later

*Lift Complete Instructions for Running a Competition:*

**WEIGH IN ROOM:**

1. Open Lift Weigh In
2. Make sure to enable macros when Excel asks
3. Click on the Weigh In Room tab at the top of the sheet
4. Now, on the control ribbon, click on the Add Athlete button 
5. Decide on your Session name:
   1. When you add your first Athlete, the program will ask you to name the file for this session
      1. Pick a suitable filename (eg. Session1 or Women53kg69kg75kg)
      2. Do not use Windows illegal file name characters such as / or \ in the name
   2. NOTE>>> We will use “Session1” in our following examples
6. Decide on your Session type… choose Men only, Women Only or Mixed
7. Enter the data for each lifter
   1. Name, actual Body Weight, Year of Birth, Opening lifts, Lot number, and Club
   2. If you have a Mixed session, you also use the Gender Checkbox
   3. If you want to enter the Qualifying total and follow the Q total start rule, enter it here. These Q totals show up on the Eleiko and IWF formatted cards and the IWF Protocol sheet.
   4. The Club pull down box will attempt to guess at which club you are entering to save keystrokes. If you enter a new club, click the check box next to New to add it to the internal list.
      1. Note: For our international users, we haven’t guessed at the clubs around the world. At first, every club will be a new club.
   5. When you have entered all of the lifters, click the Done with Weigh in Button  to calculate the start numbers and automatically calculate the weight class
      1. If you realize that you forgot to enter the data for a lifter, Click the Add Athlete button and you can choose to add an athlete to this list.
      2. Then Click the Done with Weigh In button again to finish the session.
      3. NOTE: if you are using a Qualifying Total (Qtotal), the errors will be flagged here so that you can change the entry values.
   6. Print cards … Choose the PWA cards (4 per sheet) or the Eleiko Cards (2 per sheet) or the IWF Cards (1 per sheet) to have official cards with the Start number for lift order sorting.
   7. You may choose to print one of the Protocol sheets. This is required at national meets and it is often used as a paper back-up data-recording mechanism until you are comfortable and trust Lift Complete.

**COMPETITION CONTROL:**

1. Run Lift Manager on a PC near the Announcer
   1. Be sure to enable macros
2. Click on the “Session Manager” tab at the top.
3. Open a new session  and find the session file you created at weigh in over the network on the PC running Lift Weigh In. In this example: the file is “Session1.txt “ (or the name you chose at Weigh in followed by the .txt) in the C:\users\public directory.
   1. Note: Lift Manager will ask if you want to save the current session first… this is a reminder to save the session for the USAW report or save the session for restarting later if you need to stop in the middle for some reason.
4. Double check the entries in the list against the cards. Most important are user name, body weight and start number. Opening weights can be changed even after the start of the session. Common data entry errors [such as typos in the Athlete name or Club] can be changed by typing them into the appropriate field on this sheet.
   1. NOTE>>> You cannot add new athletes to a session directly to Lift Manager. They must come through the Lift Weigh In program with the rest of the session.
5. Click the Start Session button  to start the competition sorting
   * 1. The list is automatically sorted to bring the first lifter to the top of the list.
     2. The Marshal’s or announcer’s cards should now match the lift order in Lift Manager.

The Good Lift, No Lift, Pass and Undo Buttons appear now

NOTE: if you are using Q Totals, a Blue notice flag will appear if the sum of the current lifter’s opening attempts violates the minimum starting point qualifying total rule.

1. Enter any declared weight changes made by coaches in the “Next Lift” column
   1. Always keep the Next Lift column in synchronization with the cards.
   2. If a lifter passes on the rest of his/her attempts, enter a “p” in this Next Lift column
2. Use the Good Lift or No Lift button to record the results of the attempt
   1. The Next lift column will automatically increment by 1 if a good lift
   2. The whole list will resort according to the rules of lift order
3. If a lifter passes on his or her attempt, you can use the Pass button.
   1. If a lifter withdraws from the snatch or clean and jerk competition, the Athlete “Passes” on the attempts. If the athlete decides to pass out of this phase of the competition (eg, the Snatch phase), you may type a “p” or a “P” into the next lift column.
   2. NOTE>>>> if the athlete passes on the snatch, Lift Manager will arrange for the athlete to start the Clean and Jerk with his/her opening attempt. Should the athlete want to pass at the clean and jerk also, you enter the “p” into his/her next lift column during the Clean and Jerk session.
4. Undo Last button:
   1. The Undo Last button reverses the last button you clicked. This only works once which means you can only undo one incorrect push of the button.
5. If you find you have recorded some past lift incorrectly and you discover it well past the time when the Undo Last button works, you can still fix the data.
   1. Click on the data you want to change to activate a form for changing the data for that athlete.
      1. Choose to change from a Good Lift to No Lift or reverse, or clear the data completely, or enter a new number (this number is in the form of 150 or 150m).
      2. NOTE that you may have to correct the next lift column for the lifter to match the cards.
6. When all Snatch attempts are complete, the program automatically enters the opening attempt for the Clean and Jerk into the next lift column.
   1. Repeat steps 6,7,8 for the C&J
7. When all C&J attempts are made, you will see the normal totals and the Sinclair totals calculated.
8. When the session is finished you should click the Done with Session button to create the USAW form. You will see the USAW form appear.
   1. You can then enter data such as the referee names; session and competition name if you want to add those bits of information.
      1. Use the Save the Data button to save the report as an excel file for mailing. This will send you back to the main score board.
9. Now, you are back to the Main form in Lift Manager and ready to open Session2 by starting again at step 3

**Additional Controls:**

* You may want to use the Full Screen button 
  + If you go full screen and want to go back to normal, you cancan double click the window bar at the top of the screen and then use the shrink back to 100% button to get to normal 
* You control Lift Loader by choosing the bar type, Collars or Clips and competition set type using the pull down menus at the top right of Lift Manager. See Dynamically Changing the Lift Loader Data below.
* You can show or hide the Sinclair column with a checkbox
* You can hide the completed snatch attempts during the clean and jerk session with a checkbox

**Special Controls: Web Scoreboard, Crash Recovery, and Stopping a Session in the Middle**

For unusual situations, you can use the special controls to save the session and be able to open it up again and restart where you left off.

* Special Situation 1: Windows crashes or Excel Crashes and takes all of your data! Lift Manager protects against losing the data. Restart Lift Manager in the normal way. Now, in the Special Tools section, use the Emergency Crash Recovery button  to automatically enter the data just before the crash. (This only works if you restart on the same machine!). Then, click the Re-Start button to get the session going again. You will see the buttons appear.
* Special Situation 2: At some competitions, Meet Directors might choose to split sessions. For instance, a session of 5 ladies and another session of 6 men ends up to be scheduled due to the nature of entries and weight classes. In this situation, the Meet Director might choose to run all of the Ladies Snatch session, then all of the Men’s snatch session and then the ladies C&J etc. This is an alternative to running a mixed session and the meet director wants to keep those results separate. Lift Manager has a method for that:
  + Run the Ladies session as normal. At the end of the snatch, click on the Special Save button in the Special Tools section.
    - Lift Manager has now saved that data as “SessionName.xlsm” where sessionname is whatever you called the session. This file is saved in the C:\users\public directory
  + After Lift Manager has saved the session, use the Open New Session button again to choose the Men’s session and run it as normal.
    - Then, when snatch is complete, you use the Special Save Button again
  + !!!!! Here is where the world gets different:
    - Now, you Close Lift Manager using File Close or the Red X at the top right
    - Do Not Save Session when excel asks
  + Now, go to c:\users\public and double click the SessionName.xlsm file that you previously used for the Ladies. Then click on the Re-Start button  and run the clean and jerk part of the competition.
    - At the end, you use the done with session button and manage the data reports
    - Then close the file using either the Excel File Save dialog or the Red X at the upper right.
  + Then, you can do the same with the Men’s session. Find it, start it, and push the restart button. 

**LIFT LOADER PRESENTATION:**

1. Run Lift Loader and set it up
   1. Make sure to enable macros
   2. Press the set up button 
      1. Navigate on the network to the PC on the score table and find the file called loaderchart.txt in the \Users\Public folder
2. Start the Loader program using the start button 
   1. This program will continuously update the screen when the Lift Manager calls for a change
   2. And you can go full screen

**Dynamically changing the Lift Loader Data:**

1. At the Scorer’s table, in Lift Manager, click on the Set Up Lift Loader tab. These selections shape the data sent to Loader program.
   1. Make sure to choose which Bar you are using 
   2. Choose Collars or Clips 
   3. If you have 1.5kg plates in your competition set choose “1.5kg”
   4. If you have friction or magnetic “small change” choose “Friction”

NOTE>>> Friction plates without 1.5kg plates is not supported by this program (two plates could be added outside the collar for this condition but it is not recommended.)

**INSTALLATION:**

Lift Weigh In, Lift Manager and Lift Loader are all simply copied from the archive to the appropriate location on your system. We typically place them on the Desktop for easy access.