

2019 NATIONAL MASTERS WEIGHTLIFTING CHAMPIONSHIPS

MARCH 28-31, 2019

CALVIN L. RAMPTON SALT PALACE, SALT LAKE CITY, UTAH

Presented by	Team Praxis
Competition Venue	Calvin L. Rampton Salt Palace 100 S. West Temple, SLC, UT 84101
Entry Fees	Individual – Early Entry \$125.00 US Entries after January 22, 2019 are \$150.00 US Team - \$80.00 US
Entry Deadline	Postmarked or online entry no later than February 23, 2019. No Entries Accepted After Final Deadline of Feb 23. **Entry Fees are non-refundable**
Online Entry	Online Entry:
USAW Membership	USAW Masters Membership is required for athletes. Please make sure your membership is valid through the end of the competition (3/31/19). Athletes are required to be registered as MASTERS athlete.

Eligibility: All master lifters properly registered with USAW Masters Program who are at least 35 years of age on or before December 31, 2019.

Team Entry: Team rosters must be in the hand of the Competition Secretary at the Technical Conference at the Venue no later than 7:00pm, March 27.

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Groups

Men	M35-39	M40-44	M45-49	M50-54	M55-59	M60-64	M65-69
	M70-74	M75-79	M80-84	M85-89	M90+		
Women	W35-39	W40-44	W45-49	W50-54	W55-59	W60-64	
	W65-69	W70-74	W75-79	W80+			

TECHNICAL MEETING

The technical meeting will be held Wednesday, March 27th at the Competition Venue. The meeting will take place at 7:00 PM. Verification of entries (changing weight classes) will take place at 6:30 PM.

Qualifying Totals:

Qualifying totals for this meet can be found at:

http://mastersweightlifting.org/uploads/3/4/9/7/34977925/2019_national_masters_qualifying_totals.pdf

These totals must have been successfully lifted in a USAW-sanctioned competition between April 6, 2018, and February 3, 2019. **Exception:** Lifters who have previously won a Masters National Championship are *exempt* from the requirement to achieve a qualifying total. Note that all lifters (including former champions) must register **before the deadline!**

COMPETITION: Schedule and Start List

Competition will take place on Thursday, Friday, Saturday, and Sunday March 28th through March 31th at the Competition Venue. The exact lifting schedule will not be determined until one week after the entry deadline (and four weeks prior to the event). The expectation is that the oldest lifters will compete on Thursday, and the youngest men will lift on Sunday. The remaining entries will be divided to balance the number and sizes of sessions throughout the weekend.

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Weight Category Change: Please note that according to USAW Masters rules, an athlete may increase or decrease his/her body weight category at the Verification of Entries meeting (before the Technical Meeting). **After** the technical meeting an athlete may increase, but **may not decrease** his/her body weight category. The athlete must notify the Competition Secretary and report to the weigh-in of the original weight category to confirm the change to a heavier category. If there are any questions about this ruling please contact your National Master's Chairman, Howard Cohen.

Drug Testing and Doping Control: Pursuant to the rules of USA Masters Weightlifting, these championships are a drug-tested event. The US Anti-Doping Agency (USADA) will be under contract to handle all testing-related procedures. The number of tests administered will depend on the number of entries received for the championships. Of each entry received, \$25 is allocated to the contracted costs with USADA.

Awards: Medals will be presented to first, second, and third for snatch, clean and jerk and total.
Best Lifter for each age group (male and female).
Grand Master award for male and female.
Team Awards for first, second, and third (male and female).

Training: All lifters may train at the competition venue.

Medals: Will be presented after the snatch of the next session (except for the last session of each day).

Weigh-In: All weigh-ins will take place at the weigh-in office at the competition venue.

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Competition Venue: Calvin L. Rampton Salt Palace
100 S. West Temple
Salt Lake City, UT 84101

Scale: There will be a check scale at the competition hotel.

Individual Official Entry Form

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Please clearly TYPE or PRINT all information

Please enter me in the _____ kilogram class _____ age group ____ male ____ female of the 2019 National Masters Weightlifting Championships. In consideration of my entry in this competition, I do hereby waive, and release the IWF Masters, USAW Masters, USA Weightlifting, their directors, officers, and agents, the meet director, competition personnel, volunteers, and all other related parties from any and all actions, liability, claim, and demands of every kind and nature that I or my heirs or personal representatives may have for bodily injury, for expenses of medical treatment, hospitalization, and other costs, damages or losses suffered or incurred by me in connection with my travel to and from the meet and my participation in the competition and related activities.

I agree that the IWF Masters, USAW Masters, USA Weightlifting, and their agents (including competition personnel and volunteers) may make judgments with appropriate input from available medical personnel as to my treatment, hospitalization or other medical care in the event of my illness or accidental injury in connection with my participation in the competition should I be disabled or incompetent to make necessary and appropriate decisions concerning such treatment, hospitalization or other care. I authorize the IWF Masters, USAW Masters, USA Weightlifting, and its agents (including competition personnel and volunteers) to make decisions for me as though they stood in a relationship to me of parent, guardian, or next of kin should circumstances require the aforementioned to make judgments and provide that my next of kin cannot be timely and /or conveniently contacted to participate in the making of such judgments. I hereby, release .and agree to hold the IWF Masters, USAW Masters, USA Weightlifting, and their agents (including personnel and volunteers) harmless for all expenses, causes of action, liability, claims, and demands arising from good faith judgments made by the aforementioned concerning my treatment, hospitalization and medical care in the event of my illness, injury and/ or other emergency circumstances in connection with the competition.

I agree that I will be financially responsible for the treatment, hospitalization and other medical care received by me in the event of my illness, injury and / or other emergency circumstances in connection with the competition: except to the extent my injury and medical expenses, if any, are covered by accidental death, dismemberment, loss of sight, and medical reimbursement policies: in which event, I will nevertheless continue to be financially responsible for expenses of treatment, hospitalization and other medical care in excess of such policies limits.

I agree to be filmed and photographed under conditions approved and authorized by the IWF Masters, USAW Masters, USA Weightlifting to include the use of my name, biological information, public appearances, interviews, photographs, portraits, motion pictures and television recordings of my Weightlifting performances and grand to the IWF Masters, USAW Masters, USA Weightlifting and its right to record and make sure of the same and to authorize others to do so in promoting the competition and the success of the Weightlifting team on which I compete to promote the image of the IWF Masters, USAW Masters, USA Weightlifting its sponsors, advertisers, and the sport of Olympic Weightlifting and to fund the activities of the IWF Masters and my National Masters Program. Furthermore, I declare that I agree to the contents of the IWF Masters Rule Book, pursuant to its latest revision at the time of his competition and, in particular to Section 15 that states, "The IWF Masters and drug abuse. 15.1 The IWF Masters recognizes the right of any member country to conduct tests on any lifter selected for drug testing at an IWF Masters organized event or at any other time. 15.16 Lifter must sign the entry form that the IWF Masters organized event or at any other time. 15.16 Lifter must sign form that the IWF Masters has permission to test for control drugs." Drug testing will be strictly enforced. Anyone using performance enhancing substances is not welcome at these championships.

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Last (family) Name _____

First (given) Name _____

Street Address _____

City/Town _____ **Country** _____

Postal Code _____

Telephone _____ / _____ / _____

(Work)

(Home)

(Emergency)

E-Mail address (Please print legibly) _____

Date of Birth _____ **Day** _____ **Month** _____ **Year** _____

Age at 31st of December 2019 _____ **USAW #** _____ **Exp Date** _____

Announced Entry Total: _____ **kg.** **USAW CLUB** _____

Wt. Class: _____ **kg**

REFEREE STATUS () IWF Category 1 () IWF Category II

Are you willing to serve as a referee? () Yes () No

At the time of weigh-in, each lifter must present to the Competition Secretary the following documents.

Driver's license, passport, birth certificate, or government ID showing front face and their date of birth. Lifters who do not show documentation to the Competition Secretary at the time of their weigh-in agree that they will only participate as Extra Lifters in the competition. IWF-MASTERS RULE. Lifters cannot do the clean jerk after three failures in snatch.

Having read and understood all of the above stated provisions, I, hereby, submit my Entry Form.

Signature _____ **Date** _____

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Please return pages 7 and 8 with required entry fees.

OFFICIAL TEAM REGISTRATION

Please enter the following Team in the 2019 National Masters Weightlifting Championships. Enclosed is a check in the amount of \$80.00, payable to . Each lifter on this roster must submit an individual entry indicating he represents this club. Men's teams consist of 8 athletes and 3 reserves. Women's teams consist of 7 athletes and 2 reserves. Each team is only allowed 2 team members competing in the same age group and body weight category.

Team entries mailed in must be postmarked no later than February 22, 2019. Proof of mailing is required; please see Page 1 "Proof of Entry." Final Team Rosters are due in the hands of the Competition Secretary no later than 7:00 PM on March 27, 2019, at the Technical Conference.

USAW Club Name: _____

2019 USAW Club #: _____

Club Contact Person: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

MEN / WOMEN ← Circle one

	NAME	Weight Category	Age Group	Best Total
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				

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Reserves:

1.				
2.				
3.				

Club Official's Signature: _____ **Date:** _____