

2009 AMERICAN OPEN WEIGHTLIFTING CHAMPIONSHIPS

DECEMBER 11-13, 2009

GENERAL INFORMATION & PARTICIPATION CONTRACT

VENUE: Mobile Civic Center, EXPO Hall
401 Civic Center Drive
Mobile, AL 36602-0204
Phone: 251-208-0204

HOTEL: Holiday Inn
301 Government Street
Mobile, AL 36602
Reservations: 888-465-4329
Front Desk: 251-694-0100

SANCTION NUMBER: 60-09-08

SANCTIONED BY: Georgia/Alabama Local Weightlifting Committee
LWC President: Howard Cohen
Phone: 912-354-8072
Email: hcigar@juno.com

SPONSORED BY: Mobile Bay Convention and Visitors Bureau

MEET DIRECTOR: Les Simonton
Cell: 334-740-1264
Email: weightlifter@auburn.edu

ENTRY FEES: Individual - \$50.00 **(NON REFUNDABLE)**
Each Team - \$75.00 **(NON REFUNDABLE)**

CHECKS PAYABLE TO: USA WEIGHTLIFTING

MAIL TO: USA WEIGHTLIFTING
1 OLYMPIC PLAZA
COLORADO SPRINGS, CO 80909
Telephone: 719-866-4508
Website: <http://weightlifting.teamusa.org>
E-Mail: usaw@usaweightlifting.org
Fax: 719-866-4741

ENTRY DEADLINE: **Thursday, November 19th, 2009.**
Online entries must be processed **before midnight Mountain Time on November 19th, 2009.** After midnight, the on-line registration system will not allow you to enter the competition. Mailed entries must be **postmarked no later than November 19, 2009.**

**** ABSOLUTELY NO LATE OR INCOMPLETE ENTRIES WILL BE ACCEPTED. ****
ENTRY FEE PAYMENT MUST ACCOMPANY THE ENTRY FORM. IF FAXING YOUR ENTRY, CREDIT CARD NUMBER MUST BE INCLUDED OR ENTRY IS INCOMPLETE. FAXES MUST BE RECEIVED ON OR BEFORE ENTRY DEADLINE.

PROOF OF ENTRY: In the event of a claim that the entry form was lost in the mail, athletes and/or coaches must have proof of having mailed entry form to USA Weightlifting. Mail the entry forms **Certified (PS Form 3800)** with **Return Receipt (PS Form 3811)**. If USA Weightlifting does not receive an entry form by the deadline, and the athlete does not have Return Receipt to prove the entry was mailed by the deadline, the athlete will not be permitted to compete. When mailing your entry, you may enclose a self-addressed, postage paid card for confirmation.

ELIGIBILITY:

All USA Weightlifting registered athletes who have met all of the following criteria:

1. Participant must be a US citizen and may be required to provide proof of citizenship.
2. Athlete must be a currently-registered member in good standing with USA Weightlifting at the time of registration and at the competition. Athlete must show this by presenting a current USA Weightlifting card at registration/weight-in. Organizing Committee and USA Weightlifting reserve the right to refuse entry.

3. Participant must have met or exceeded the qualifying total in a USA Weightlifting sanctioned competition between December 5, 2008 and November 17, 2009. (**Note that the qualifying deadline and the entry deadline are not the same date**)

PROOF OF USA WEIGHTLIFTING REGISTRATION AND AGE REQUIRED AT WEIGH IN: All participants are **REQUIRED** at weigh-in to produce GOVERNMENT DOCUMENT (i.e. birth certificate or driver's license, etc), a PICTURE ID (for those 16 and older) and a current USA WEIGHTLIFTING MEMBERSHIP CARD.

DOPING CONTROL: Formal drug testing of participants will be in effect. Upon entering the 2009 American Open Weightlifting Championships, the athlete agrees to be subject to the drug control process.

WEIGH INS: All weigh-ins will be done at the **Venue**. Weight checks will be available starting at 5:00 pm on Thursday, December 10th at the **Hotel**. There will be no sauna at the hotel. However, a sauna will be made available within walking distance of the hotel. Details will be explained at the Technical Meeting.

AWARDS: Medals to top 3 in each class for total only. Best lifter award for the top male and female lifter.

TEAM AWARDS: Three team awards for both men and women. No team points will be awarded for any lifter who fails to post a total or who does not equal or exceed the competition qualifying totals. Team points based on USA Weightlifting rules and will be in total only. 1st=12 points, 2nd=9, 3rd=8, 4th=7, 5th=6, 6th=5, 7th=4, 8th=3, 9th=2, 10th=1

**2009 AMERICAN OPEN WEIGHTLIFTING CHAMPIONSHIPS
MEETING and TICKET INFORMATION
(All meetings at Hotel)**

RULES/REFEREES CLINIC: Thursday, Dec 10th 3:00 - 5:00 PM Local Time
Testing for both USA Weightlifting National Referee and International Referee. Limited to 6 tests total. There will be no limit to the written test.

REFEREES TEST: Thursday, December 10th 5:15-6:15 PM (No limit- written)

Application for testing can be found on the USA Weightlifting web site and should be sent to: the Interim Referee Testing Coordinator:

Name: Roger W Sadecki
Address: 667 County Road C
Roseville MN 55113-2137
Fax: (651) 490-5903
Email: sadecki667@aol.com

VERIFICATION OF FINAL ENTRIES MEETING:
Thursday, December 10th, 6:30–7:00 P.M. local time at the **Hotel**

The Entry Form you submit to the USA Weightlifting office by the entry deadline is your official entry to the competition.

From the Board of Directors - Weight Class Change Clarification

In accordance with IWF 6.1.6, athletes may move up or down in weight class. IWF 6.5.7 states that all athletes must start within 20k (men) /15K (women) of the "entry total", which shall be interpreted as "qualifying total".

As is currently done, current membership and the qualifying total for the original weight class on each respective entry will be verified.

If the lifter later decides to move up or down in weight class, they can do this without having an "official" (local) total in that higher or lower weight class. BUT the athlete must start within 20K/15K of the qualifying total in the weight class to which they moved up or down, just as all others will have to do. The change will allow lifters to move up or down AFTER they have "normally" qualified for the national event (IWF 6.1.6); and will enforce the 20K/15K rule (IWF 6.5.7) for all lifters.

As per current procedure, the athlete or the athlete's coach will be required to declare this change in weight class prior to, or in the physical presence of, the Verification of Final Entries Meeting for the American Open and each respective National Championships.

If declaring any weight class changes **prior to** the Verification of Final Entries Meeting, those changes **must be submitted in writing (via fax or email)** to the National Office.

******* Also note that the **FINAL TEAM ROSTERS** have to be submitted to the Competition Secretary in writing during the Verification of Final Entries meeting, which will be December 10th at 6:30-7:00 PM.

******* Whatever is declared on the Entry Form sent to the National Office will be used to assign athletes to bodyweight categories and to teams, unless a change is declared in writing during the Verification of Final Entries meeting.

TECHNICAL CONFERENCE:

Thursday December 10th, 7:30 – 8:00 P.M. local time at the **Hotel**

Anyone who does not attend the Technical Conference agrees to accept all decisions made at the Technical Conference. The final Start List will become available right after this meeting and any changes to the lifting schedule will be announced. A preliminary list of participants (subject to change) based on number of entries received, will available via <http://weightlifting.teamusa.org> prior to the competition, after the entry deadline.

Anyone who does not attend the Technical Conference agrees to accept all decisions made at the Technical Conference.

TICKETS: Official participants in the competition will receive ID badges that will permit them to view the competition and to attend their official activities. All official participants, including coaches and referees, must be current members of USA Weightlifting. There is no admission fee for anyone presenting their current USA Weightlifting membership card. **Friends, families and spectators can purchase tickets at the door.**

The following prices will apply:

- \$10 for single day pass for all sessions on that day
- \$20 for three day (all sessions) pass

SPECIAL PRESENTATION:

USA Weightlifting is pleased to announce a fantastic educational opportunity at the American Open. John Garhammer PhD, international expert in weightlifting biomechanics will be speaking at a **free** seminar, Saturday night December 12th. The seminar will begin at approximately 9 PM, or immediately following the final session of the day. Dr. Garhammer will be presenting on the biomechanics of weightlifting focusing on common positions and movement patterns of world class weightlifters from several nations.

The seminar will take place at the competition hotel.

No sign-up is necessary. For further information please contact Mike Gattone at 847-309-4809 / mike.gattone@usaweightlifting.org .

2009 AMERICAN OPEN WEIGHTLIFTING CHAMPIONSHIPS
TENTATIVE TIME SCHEDULE OF COMPETITION

Daily weigh-in and lifting schedule is subject to change. Only weigh-in and lifting **times** may be changed, not dates. Changes, if needed, will be announced at the TECHNICAL MEETING on THURSDAY, December 10th, 7:30 – 8:00 P.M. local time. If a lifter fails to make weight, he or she will not be allowed to participate in the event. THERE WILL BE NO EXTRA LIFTERS. This will be a one-platform competition.

*In some instances, once a session is completed, awards will not be given out until after introductions for the next session have been completed. **It is possible, that for all three (3) days of competition, sessions with 10 or more lifters will have a 5 minute break. Sessions with 9 or fewer lifters will have a 10 minute break between the snatch and clean & jerk competition.**

FRIDAY DECEMBER 11th, 2009

SESSION	GENDER	CATEGORY	Q-TOTAL	WEIGH IN	LIFT
1	WOMEN	48/53 KG	90/112 kg	8:00 AM	10:00 AM
2	MEN	56/62 KG	147/182 kg	10:30 AM	12:30 PM
3	WOMEN	58 KG	130 kg	1:00 PM	3:00 PM
4	MEN	69 KG	210 kg	3:00 PM	5:00 PM
5	WOMEN	63 KG	137 kg	5:00 PM	7:00 PM

SATURDAY DECEMBER 12th, 2009

SESSION	GENDER	CATEGORY	Q-TOTAL	WEIGH IN	LIFT
6	MEN	77 KG	235 kg	8:00 AM	10:00 AM
7	WOMEN	69 KG	142 kg	11:00 AM	1:00 PM
8	MEN	85 KG	255 kg	1:00 PM	3:00 PM
9	WOMEN	75 KG	150 kg	3:00 PM	5:00 PM
10	MEN	94 KG	260 kg	5:00 PM	7:00 PM

SUNDAY DECEMBER 13th, 2009

SESSION	GENDER	CATEGORY	Q-TOTAL	WEIGH IN	LIFT
11	WOMEN	75+ KG	157 kg	8:00 AM	10:00 AM
12	MEN	105 KG	287 kg	12:00 PM	2:00 PM
13	MEN	105+ KG	288 kg	2:00 PM	4:00 PM

**2009 AMERICAN OPEN WEIGHTLIFTING CHAMPIONSHIPS
OFFICIAL ENTRY FORM**

RETURN ENTRY TO: USA Weightlifting
1 Olympic Plaza
Colorado Springs, CO 80909
E-Mail: usaw@usaweighting.org
Fax: 719-866-4741

ENTRY DEADLINE: Online entries must be received **before midnight Mountain Time on November 19th, 2009**. After midnight, the on-line registration system will not allow registration. Mailed entries must be postmarked **no later than Thursday, November 19th, 2009**.

ENTRY FEES: Individual - \$50.00 **(NON REFUNDABLE)**
Each Team - \$75.00 **(NON REFUNDABLE)**
MAKE CHECK PAYABLE TO: USA WEIGHTLIFTING

Please enter me in the 2009 AMERICAN OPEN WEIGHTLIFTING CHAMPIONSHIPS to be held on December 11th–13th, 2009 at the Mobile Civic Center, Mobile, Alabama. I certify that I am a USA Weightlifting member in good standing. In consideration of my entry in the competition, I do hereby waive, and release USA Weightlifting, Georgia/Alabama Local Weightlifting Committee, Mobile Civic Center, and their respective directors, officers, officials, agents and competition personnel, hereinafter known as the "Organizers," from any and all causes of action, loss, liability, claims and demands of every kind and nature, which I or my heirs or personal representatives may have for bodily injury, for expenses of medical treatment, hospitalization, and other care rendered to me in the event of my injury or illness, or for any and all other costs, damages or losses suffered or incurred by me or occasioned to me in connection with my travel to and from, and my participation in, the competition and related activities, except that the forgoing waiver and release shall not apply to injuries, damages, and losses resulting from the gross negligence and/or wanton misconduct of the Organizers or to bodily injuries and medical expenses covered by accidental death, dismemberment and/or loss of sight and medical reimbursement insurance policies maintained by the Organizers.

I agree to be filmed and photographed under conditions approved and authorized by the USA Weightlifting, to include the use of my name, biographical information, public appearances, interviews, photographs, portrait and motion pictures and television recordings of my weightlifting performance and grant to USA Weightlifting and Organizers the right to record and make use 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 USA Weightlifting, its sponsors and advertisers, and the sport of weightlifting, and to fund the activities of the USA Weightlifting.

I (and my parent or guardian, if I am a minor), agree that the Organizers and its agents, including competition personnel, 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 Organizers, its agents and competition personnel to make such decisions for me as though they stood in a relationship to me of parent, guardian or next of kin should circumstances require the Organizers, its agents and competition personnel to make such judgments, and my next of kin cannot be timely and conveniently contacted to participate in the making of such judgments.

I hereby release and agree to hold the Organizers, its agents and competition personnel harmless from all expenses, causes of action, liability, claims and demands arising from good faith judgments made by the Organizers, its agents and competition personnel concerning my treatment, hospitalization and medical care in the event of my illness, injury or other emergent circumstances in connection with the competition.

I (and my parent or guardian, if I am a minor), agree that I will be financially responsible for treatment, hospitalization and other medical care rendered to me in the event of my illness, injury or other emergency circumstances in connection with the competition, except to the extent my injuries and medical expenses, if any, are covered by accidental death, dismemberment and/or loss of sight and medical reimbursement insurance policies maintained by the Organizers for my benefit, 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.

Athlete Signature: _____ Date: _____

Printed Athlete Name: _____

If athlete under 18 at time of event, Parent/Guardian must sign:

Parent/Guardian: _____ Date: _____

Printed Parent Name: _____

PAGES 5, 6, 7 and 8 MUST BE COMPLETED AND SUBMITTED TOGETHER

**2009 AMERICAN OPEN WEIGHTLIFTING CHAMPIONSHIPS
OFFICIAL ENTRY FORM**

PLEASE TYPE OR PRINT ALL INFORMATION CLEARLY

WEIGHT CLASS: _____ **KG** (You can only enter one)

MALE FEMALE U.S. CITIZEN: YES NO (Must be U.S. citizen to enter this competition)

AGE YOU WILL BE AT THE COMPETITION: _____ DOB: _____

NAME _____ USAW # : _____
(Last) (First) (Middle)

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE (_____) _____ E-MAIL _____

COACH: _____ COACH'S USAW # _____

WILL THIS BE YOUR COACH AT THIS MEET? YES NO (If no, then whom?) _____

(Coach must be a current USA Weightlifting member to access the warm-up room)

USA WEIGHTLIFTING CLUB AFFILIATION _____ CLUB #: _____

QUALIFYING TOTAL MADE : _____ KG DATE _____ WT CLASS _____

AT WHICH USA WEIGHTLIFTING SANCTIONED MEET? _____

MEET DIRECTOR'S NAME: _____

ATHLETE'S SIGNATURE: _____ DATE: _____

CREDIT CARD ACCT# _____ EXPIRES: _____
(Visa, MasterCard, Discover, American Express)

CARDHOLDER'S SIGNATURE _____ DATE _____

UNDER AGE ATHLETES

**ATHLETES UNDER 18 YEARS OF AGE MUST HAVE THE FOLLOWING SECTION COMPLETED
BY A PARENT OR GUARDIAN**

I have explained to my son/daughter the aforementioned releases and conditions and their ramifications and I further consent to his/her registration for this USA Weightlifting activity under the above stipulated conditions.

PARENT SIGNATURE _____ DATE _____

PARENT OR GUARDIAN PRINTED NAME: _____

IF YOU ARE UNDER 18 YEARS AND YOU HAVE FAILED TO HAVE YOUR PARENT OR GUARDIAN SIGN THIS RELEASE, YOU WILL NOT BE PERMITTED TO COMPETE AT THIS EVENT.

PAGES 5, 6, 7 and 8 MUST BE COMPLETED AND SUBMITTED TOGETHER

**2009 AMERICAN OPEN WEIGHTLIFTING CHAMPIONSHIPS
DRUG USE AND BLOOD DOPING**

TO: All competitors at 2009 USA Weightlifting American Open Championships

DATE: December 11-13th, 2009

Dear Competitors:

USA Weightlifting will be using the United States Anti-Doping Agency's (USADA's) In-Competition Drug Testing Program at the 2009 American Open Weightlifting Championships. A positive result for an IOC prohibited substance will be cause for disqualification from this event, and loss of eligibility. A negative test will demonstrate to the public and your competitors that you have earned your achievements ethically.

By registering to compete at this occasion, you are consenting to be subject to drug testing on your urine, and accept the penalties if found positive for a prohibited substance. All athletes are subject to drug testing and if chosen for drug testing are required to provide an acceptable specimen. Cooperation is mandatory; noncompliance will be cause for the same penalties as for a positive drug test.

ALL ATHLETES ARE REQUIRED TO REMAIN IN THE WARM UP AREA UNTIL THE END OF THEIR SESSION, INCLUDING THE AWARDS PRESENTATION, UNLESS DISMISSED BY A UNITED STATES ANTI-DOPING AGENCY (USADA) REPRESENTATIVE.

Further information about the doping control process, the protection of your rights, and the status of specific medications is available from the U.S. Anti-Doping Agency and its Drug Reference Line (1-800-233-0393), 2550 Tenderfoot Hill St., Suite 200, Colorado Springs, Colorado 80906-7346. The USADA website is www.usantidoping.org.

Please remember that over-the-counter medications, nutritional supplements, and even natural herbal supplements may contain prohibited substances. **Always check first with your team doctor or the Drug Reference Line before taking any medication prior to competition.**

Sincerely,

Rick Adams, USA Weightlifting CEO
Les Simonton, Meet Director

If you are a no show for drug testing, you will be sanctioned according to the rules of USADA.

ATHLETE PRINTED NAME: _____ DATE: _____

ATHLETE SIGNATURE: _____

**UNDER AGE ATHLETES
ATHLETES UNDER 18 YEARS OF AGE MUST HAVE THE FOLLOWING SECTION COMPLETED
BY A PARENT OR GUARDIAN**

I have explained to my son/daughter the aforementioned releases and conditions, the aforementioned information on drug use and blood doping, the ramifications associated with their use, and the aforementioned information on drug testing. I further consent to his/her registration for this USA Weightlifting activity under the above stipulated conditions.

PARENT SIGNATURE _____ DATE _____

PARENT OR GUARDIAN PRINTED NAME: _____

IF YOU ARE UNDER 18 YEARS AND YOU HAVE FAILED TO HAVE YOUR PARENT OR GUARDIAN SIGN THIS RELEASE, YOU WILL NOT BE PERMITTED TO COMPETE AT THIS EVENT.

PAGES 5, 6, 7 and 8 MUST BE COMPLETED AND SUBMITTED TOGETHER

**2009 AMERICAN OPEN WEIGHTLIFTING CHAMPIONSHIPS
DRUG USE AND BLOOD DOPING**

I understand that drug testing will be conducted on a formal basis for athletes weighed-in for this event or program and that the detection of use of banned drugs would make me subject to suspension by my sport's National Governing Body and USOC. By registering for this event, I agree to be subject to a drug test and its penalties if declared positive for a banned substance. I am aware that failure to appear for, and comply with, the drug test will be cause for the same penalties as for those who are positive for a banned substance. I further understand that the practice of blood doping is banned by the USA Weightlifting, the USOC, the IWF and the IOC and that to do so would make me subject to punitive action within existing policies. ** Names of athletes who test positive, the name of the substance and the length of suspension will be listed in *Weightlifting USA* magazine, on the USA Weightlifting website and on the USADA website. I know that I may call the USADA Hotline (1-800-233-0393), for any questions about medications and banned substances or practices.

I also understand that if for some reason I elect not to continue in the competition to the completion of an official total, or do not total, that I will still be eligible for the random drug test, and I will report to the Doping Control Officer and advise him/her that I am making myself available for random drug testing. I will not leave the warm up area until excused by the Doping Control Officer.

If you are a no show for drug testing, you will be sanctioned according to the rules of USADA.

ATHLETE PRINTED NAME: _____ DATE: _____

ATHLETE SIGNATURE: _____

** Contact the National Office for specific suspension policies.

**UNDER AGE ATHLETES
ATHLETES UNDER 18 YEARS OF AGE MUST HAVE THE FOLLOWING SECTION COMPLETED
BY A PARENT OR GUARDIAN**

I have explained to my son/daughter the aforementioned releases and conditions, the aforementioned information on drug use and blood doping, the ramifications associated with their use, and the aforementioned information on drug testing. I further consent to his/her registration for this USA Weightlifting activity under the above stipulated conditions.

PARENT SIGNATURE _____ DATE _____

PARENT OR GUARDIAN PRINTED NAME: _____

IF YOU ARE UNDER 18 YEARS AND YOU HAVE FAILED TO HAVE YOUR PARENT OR GUARDIAN SIGN THIS RELEASE, YOU WILL NOT BE PERMITTED TO COMPETE AT THIS EVENT.

PAGES 5, 6, 7 and 8 MUST BE COMPLETED AND SUBMITTED TOGETHER

2009 AMERICAN OPEN WEIGHTLIFTING CHAMPIONSHIPS
TRAVEL AND HOTEL INFORMATION

AIRPORT INFORMATION: Mobile Regional Airport
8400 Airport Blvd
Mobile, AL 36608
Customer Service: (251) 633-4510
(800) 357-5373
Fax: 251-639-7437

VENUE Mobile Civic Center, EXPO Hall
401 Civic Center Dr.
Mobile, AL 36602
Ph. 251-208-7261
Website: <http://www.mobilecivicctr.com/theater.php>

HOTEL Holiday Inn
301 Government Street
Mobile, AL 36602
Reservations: 888-465-4329
Front Desk: 251-694-0100

RATE PER NIGHT: \$89.00 discounted rate for single or double
Visit this link and use code **USW** to reserve your room:
<http://www.ichotelsgroup.com/h/d/hi/1/en/hotel/mobhi?rpb=hotel&crUrl=/h/d/hi/1/en/mapsearchresults>

AIRLINES: American Eagle
1-800-433-7300

ASA (A Delta Connection)
1-800-221-1212

Continental Airlines
1-800-523-3273

Delta
1-800-221-1212

Northwest Airlink
1-800-225-2525

USA Airways
1-800-428-4322

TRANSPORTATION: There is *NO hotel shuttle*. Information about a discounted shuttle service for the 2009 American Open will be announced as soon as possible.

OTHER INFO: There will be no sauna at the hotel. However, a sauna will be made available within walking distance of the hotel.

Additional information and updates will be posted on

<http://weightlifting.teamusa.org>