

# 2012 AMERICAN OPEN WEIGHTLIFTING CHAMPIONSHIPS AND YOUTH WORLD CHAMPIONSHIPS TEAM TRIALS

## GENERAL INFORMATION & PARTICIPATION CONTRACT

PALM SPRINGS, CA – NOVEMBER 30-DECEMBER 2, 2012

**VENUE:** Palm Springs Convention Center  
277 N. Avenida Caballeros  
Palm Springs, CA 92262  
(760)325-6611 / [www.palmspringscc.com](http://www.palmspringscc.com)

**HOTEL:** Renaissance Palm Springs Hotel Room Block: USAW American Open  
888 Tahquitz Canyon Way Free Shuttle provided between Hotel and Airport  
Palm Springs, CA 92262 Hotel attached to Venue. Shuttle not applicable.  
888-682-1238/  
[https://resweb.passkey.com/Resweb.do?mode=welcome\\_ei\\_new&eventID=9591621](https://resweb.passkey.com/Resweb.do?mode=welcome_ei_new&eventID=9591621)

**SANCTION NUMBER:** USAW Sanction Number: 33-12-24

**EVENT COORDINATOR:** Nick Frasca – (760) 485-5677 / [frasca@hotmail.com](mailto:frasca@hotmail.com)

**MEET DIRECTOR:** Pat Cullen-Carroll – [liftwiththebear@aol.com](mailto:liftwiththebear@aol.com)

**ELIGIBILITY, QUALIFYING and ENTRY TOTALS:** To enter this event you must be a USAW member in good standing when you submit your entry and remain a member through the time your session ends at the competition you are entering, and:

- 1) Assure your entry and fee is received by the USAW National Office by the Entry Deadline**
- 2) Make a qualifying total during the qualifying period in the bodyweight category you are entering (or in a lower bodyweight category, if that latter total is higher), that is equal to or higher than the qualifying standard totals (QSTs) shown below (in an official USAW sanctioned competition, while you are a USAW member) – that qualifying total must be entered by you when you complete your entry form**
- 3) However, in completing this entry form, you may elect to use an announced Entry Total (ET) that is lower than your qualifying total, but that lower total must at least equal the qualifying standard total for the bodyweight/age category you are entering (if no entry total is listed in your entry form, your qualifying total as described in 3 above will automatically be used for your ET). Please note that the total of your starting attempts at the competition must at least be within 20k (men) /15K (women) of your ET, and if your ET qualifies you for an A session you must start within 20k/15k of the minimum total for the A session. No extra lifters will be permitted in this competition.**

### AMERICAN OPEN QUALIFYING STANDARD TOTALS (QST)

MEN		WOMEN	
WT CLASS (KG)	Q. TOTAL (KG)	WT CLASS (KG)	Q. TOTAL (KG)
56	144	48	90
62	180	53	118
69	216	58	129
77	247	63	140
85	260	69	145
94	277	75	150
105	288	75+	160
105+	290		

**QUALIFYING PERIOD:** November 7, 2011-November 6, 2012

**ENTRY DEADLINE:** Thursday, November 15, 2012. All entries, whether made online, via fax or via regular mail or express service, must be received with payment by the National Office no later than 11:59 PM MT on November 15<sup>th</sup>, 2012. Entries and/or payments received after that time will be rejected.

**BODYWEIGHT CATEGORY  
CHANGES AND FINAL  
VERIFICATION OF**

**ENTRIES & MEETING:**

The Entry Form you submit to the USA Weightlifting office by the entry deadline is your official entry to the competition and the information therein will be verified and used to create a Tentative Start list. However, you can make changes to your bodyweight category up until Wednesday, Nov. 28<sup>th</sup> by notifying the National Office, in writing, of the desired change. You may also make a change at the Verification of Final Entries Meeting that will take place at Thursday, Nov. 29 @ 6:30-7:00 PM PST, at the official meet hotel indicated above, in a room to be announced that morning in the lobby of the hotel. However, in no event will changing your bodyweight category result in you moving to an A session if your original ET placed you in a B session when the start lists were published. For instance, if your 275 kg. total at 85 kg. placed you in the B session of the 85kg. category, and you move up or down to a category in which the 275 kg. total would have placed you in an A session (e.g., down to the 77 kg. category) had you entered that category originally, you will be placed in the B session of your new category (if no B session is scheduled for that new category, you will be combined into the B session of an adjacent category). You can also change your ET at or prior to the Verification meeting, but in no event can it be below the QST for the category in which you will be lifting. If you were placed in an A session on the basis of your original ET, and your revised ET is lower than the minimum total for the A session of the category you will compete in, you must lift in the B session for that category (if any) and must be prepared to alter your schedule to do that.

**TECHNICAL MEETING:**

Thursday, Nov. 29 @ 8:00-8:30 PM PST. Room TBD. 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 at that time. A preliminary list of participants (subject to change) will be available via <http://weightlifting.teamusa.org> within 7 days after the entry deadline.

**REFEREES CLINIC & TESTING:**

Clinic: Thursday, Nov. 29 @ 4:00-6:00 PM PST. Room TBD.

Test: Thursday, Nov. 29 @ 6:00-7:00 PM PST. Room TBD.

For more information on referee testing procedures, please visit <http://www.teamusa.org/USA-Weightlifting/Referees.aspx>.

**ITEMS REQUIRED AT**

**WEIGH IN:**

All participants aged 16 and older are required at weigh in to produce a government-issued photo identification documents showing date of birth, such as a driver's license, passport, military ID, or comparable document. All participants aged 15 and younger are required at weigh in to produce a government-issued identification document showing date of birth, such as a birth certificate, passport, or comparable document; photo identification is not required for participants under 16 years of age.

**DOPING CONTROL:**

Formal drug testing of participants by the United States Anti-Doping Agency (USADA) will be in effect at the 2012 American Open Weightlifting Championships. Entrance into the 2012 American Open Weightlifting Championships signifies that the athlete agrees to be subjected to and to comply with all drug control procedures and policies.

**WEIGH INS:**

All official weigh-ins will be done at the Venue. Unofficial weight-checks and a sauna will be available. Further information TBA.

**AWARDS:**

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

**TEAM AWARDS:**

Three team awards for both men and women. 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

**Pre-Event T-Shirt Sale:**

Event shirts can be purchased with entry form for \$15 each and picked up at the event, or may be ordered on line by clicking [here](#), or by going to [www.usaweightlifting.org](http://www.usaweightlifting.org) and find the link under the AO events page

# PRELIMINARY AND TENTATIVE SCHEDULES OF COMPETITION

The schedule shown below is Preliminary and subject to modification on the basis of actual final entries. Within 7 days of the entry deadline, the National Office will publish a Tentative Daily weigh-in and lifting schedule which is also subject to change, however, schedule should be fairly close to the final schedule because it will be based on entries actually received and will be affected mainly by withdrawals or changes in bodyweight category, so should not change very much, and the days that a session is scheduled for will never change. The Final Schedule, which is not subject to any change (other than delays arising in the normal course of competition) will be announced at the Technical Meeting following the Verification of Final Entries. If a lifter fails to make weight, he or she will not be allowed to participate in the event.

Athletes and coaches should be aware that two platforms may be used on Friday, if the number of entries received for this competition require an additional platform in order to complete all of the B sessions scheduled for Friday on a timely basis. A single platform will be used for all of the sessions on Saturday and Sunday.

Once your entry has been received, you will be assigned to an A or B session on the bases of the qualifying/entry total you submit. If you qualify for an A session on that basis, you will lift in the A session of whichever bodyweight category you ultimately lift in. Similarly, if you do not qualify for an A session on the basis of your entry total, you will be placed in a B session regardless of the category you ultimately lift in.

## **Friday November 30, 2012**

<b>SESSION</b>	<b>GENDER</b>	<b>CATEGORY</b>	<b>Q-TOTAL</b>	<b>WEIGH IN</b>	<b>LIFT</b>
1	WOMEN	YWC Trials – See 8 <sup>th</sup> page of this entry for details		6:00 AM	8:00 AM
2	MEN	YWC Trials - See 8 <sup>th</sup> page of this entry for details		8:00 AM	10:00 AM
3	MEN	56B/62B/69B/77B KG	144/180/216/247 KG	10:00 AM	12:00 PM
4	WOMEN	48B/53B/58B/63B KG	90/118/129/140 KG	12:00 PM	2:00 PM
5	MEN	85B/94B/105B/105+B KG	260/277/288/290 KG	2:00 PM	4:00 PM
6	WOMEN	69B/75B/75+B KG	145/150/160 KG	4:00 PM	6:00 PM

## **Saturday December 1, 2012**

<b>SESSION</b>	<b>GENDER</b>	<b>CATEGORY</b>	<b>A CUTOFF TOTAL</b>	<b>WEIGH IN</b>	<b>LIFT</b>
7	MEN	56A/62AKG	150/193 KG	7:00 AM	9:00 AM
8	WOMEN	48A/53A KG	100/140 KG	9:30 AM	11:30 AM
9	MEN	69A/77A KG	237/255 KG	12:00 PM	2:00 PM
10	MEN	85A/94A KG	282/296 KG	3:00 PM	5:00 PM

## **Sunday December 2, 2012**

<b>SESSION</b>	<b>GENDER</b>	<b>CATEGORY</b>	<b>A CUTOFF-TOTAL</b>	<b>WEIGH IN</b>	<b>LIFT</b>
11	WOMEN	58A/63A KG	144/157 KG	7:00 AM	9:00 AM
12	WOMEN	69A/75A KG	165/166 KG	9:30 AM	11:30 AM
13	WOMEN	75+A KG	169 KG	12:00 PM	2:00 PM
14	MEN	105A/105+A KG 7/7	298/323 KG	2:00 AM	4:00 PM

# OFFICIAL ENTRY FORM

**REGISTRATION:** Preferred method of registration is on line at <https://www.usaw.hangastar.com/Login.aspx> . The deadline for the National Office having received your registration is specified on page one of this document. No late entries will be accepted.

A manual registration form may be mailed or faxed but it must be received by the National Office by the deadline specified on page one of this document. However, an additional \$10 processing fee applies for each athlete or team registering manually and is included in the "Entry Fees" listed below.

**RETURN MANUAL ENTRY TO:**

USA Weightlifting  
1 Olympic Plaza  
Colorado Springs, CO 80909

**ENTRY FEES:**

INDIVIDUAL Entry – \$50.00 if you enter online(Non-refundable)  
If you use a paper entry, \$60.00 (Non-refundable; includes manual processing fee of \$10)  
Each OVERALL TEAM –\$75.00 if you enter you're a team online (Non-refundable)  
If you use a paper entry \$85.00 (Non-refundable; includes manual processing fee of \$10)  
Each AGE GROUP TEAM - \$35.00 (Non-refundable; includes manual processing fee of \$10)

Please enter me in the 2012 American Open Weightlifting Championships (AO) or Youth World Championship Trials (YWCT) to be held on November 30-December 2, 2012 at the Palm Springs Convention Center. I certify that I am an amateur in good standing. In consideration of my entry in the competition, I do hereby waive, and release USA Weightlifting, Southern Pacific LWC, City of Palm Springs, Palm Springs Convention Center, the Renaissance Palm Springs Hotel, 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 amateur 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.

**I understand the USAW Board of Directors has adopted the following policy:** The entry and qualifying deadlines for any National event are the ones specified in the Participation Contract and absolutely no entries will be accepted after the deadline.

This policy will remain in effect unless changed by the USAW Board of Directors and may not be overridden by any individual or group, including but not limited to any USAW committee, member, the event meet director or the National Office staff. This policy will be strictly enforced, without regard to statements or rumor to the contrary, regardless of the source of such statements or rumors. Athletes should be advised that USAW will not be responsible for an athlete's unsuccessful attempt to register for the event online due to the absence of a minimum qualifying total in the athlete's record at the time registration is attempted, or for any other issue that would cause the athlete to be unable to successfully register online or via fax or regular mail. It is therefore strongly recommended that athletes not wait until the last minute to register, in case there is a problem.

**PLEASE TYPE OR PRINT ALL INFORMATION CLEARLY: Please enter me in the (check one) AO \_\_\_\_ or the separate YWCT \_\_\_\_**

WEIGHT CLASS QUALIFIED: \_\_\_\_\_ KG (You may only enter one) USAW Member # \_\_\_\_\_

\_\_\_\_ MALE \_\_\_\_ FEMALE

AGE YOU WILL BE AT THE COMPETITION: \_\_\_\_\_ DOB: \_\_\_\_\_

NAME \_\_\_\_\_  
(Last) (First) (Middle)

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE (\_\_\_\_) \_\_\_\_\_ E-MAIL \_\_\_\_\_ AGE \_\_\_\_\_ DOB \_\_\_\_\_

USA WEIGHTLIFTING COACH: \_\_\_\_\_ COACH USAW MEMBER # \_\_\_\_\_

EVENT COACH: \_\_\_\_\_ EVENT COACH USAW Member # \_\_\_\_\_

**NOTE: EVENT COACH MUST BE A CURRENT USA WEIGHTLIFTING MEMBER TO GAIN ACCESS TO THE WARM-UP ROOM**

QUALIFYING STANDARD TOTAL (QST) MADE: \_\_\_\_\_ WT CLASS: \_\_\_\_\_ DATE: \_\_\_\_\_

ENTRY TOTAL (ET) (must be equal to or greater than the QT of age/wt class): \_\_\_\_\_

**AMOUNT DUE: \$60**

PAYMENT MAY BE MADE WITH CHECK PAYABLE TO 'USAW' OR VALID CREDIT CARD: *VISA, MASTERCARD, DISCOVER or AMERICAN EXPRESS*:

CREDIT CARD ACCT# \_\_\_\_\_ EXPIRES \_\_\_\_\_ CODE \_\_\_\_\_

CARDHOLDER SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

**DRUG USE AND BLOOD DOPING**

All competitors in the 2012 American Open Weightlifting Championships and Youth World Championship Team Trials are subject to drug testing by the United States Anti- Doping Agency (USADA). 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 competition, 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 chosen are required to provide an acceptable specimen. Cooperation is mandatory; noncompliance will be cause for the same penalties as for a positive drug test.

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), 5555 Tech Center Drive, Suite 200, Colorado Springs, Colorado 80919-2372. The USADA website is [www.usantidoping.org](http://www.usantidoping.org) .

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.

I understand that drug-testing may 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 length of suspension will be listed in on the USA Weightlifting 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 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 meet site until excused by the drug control officer.

**I understand that if I am a no show for drug testing, I will receive the maximum penalty of a 4-year suspension from the sport.**

**In providing my signature below I am signifying that I agree to all the terms, conditions, waivers, policies, descriptions and other information provided on the preceding pages of this document.**

PRINTED NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

**IF ATHELTE WILL BE UNDER 18 AT TIME OF EVENT, PARENT/GUARDIAN MUST SIGN**

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.

PRINTED NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

2012 AMERICAN OPEN WEIGHTLIFTING CHAMPIONSHIPS

November 30-December 2, 2012

OFFICIAL TEAM ENTRY FORM

\$75/Team + \$10 Admin Fee for Paper Application

Select one: \_\_\_\_\_ Men's Team \_\_\_\_\_ Women's Team

(Make copies as necessary for additional teams) Online entries can be made by clicking [here](#).

Please enter the following Team in the 2012 USA Weightlifting American Open Weightlifting Championships. Enclosed is a check for \$85.00, payable to the USA Weightlifting or credit card information below. I understand that if any athlete on my team tests positive for banned substance, that the team will receive no team points and will be disqualified from this competition.

This tentative team roster must be submitted and each athlete on this roster must submit an individual entry indicating that he/she represents this club. Proof of mailing is required, please see page 1, "Proof of Entry."

Final team rosters are due in the Competition Secretary's hands at the Verification of Final Entries Meeting. **No more than 2 per class, eight men per team and seven women per team.**

**TEAM ENTRIES MUST BE RECEIVED NO LATER THAN the Entry Deadline specified on the first page of this document.**

USA WEIGHTLIFTING CLUB NAME \_\_\_\_\_ CLUB #: \_\_\_\_\_

CLUB ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

CREDIT CARD ACCT# \_\_\_\_\_ EXPIRES \_\_\_\_\_

Visa, MasterCard, Discover, American Express

CARDHOLDER'S SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

ATHLETE'S PRINTED NAME	WEIGHT CLASS	TOTAL
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
7. _____	_____	_____
8. _____	_____	_____

ALTERNATES:

1. \_\_\_\_\_

2. \_\_\_\_\_

SIGNATURE OF CLUB OFFICIAL: \_\_\_\_\_ DATE: \_\_\_\_\_

CLUB OFFICIAL'S PRINTED NAME: \_\_\_\_\_

The 2013 Youth World Championships (YWC) is scheduled for April of next year, so we will be unable to use the 2013 USAW Youth Nationals as a qualifying event for the YWC. Therefore, the USAW Board of Directors has agreed to permit two special trials for the 2013 YWC Team. One of those trials is to be conducted at the location of the 2012 American Open (AO). The purpose of this trial is to permit those athletes who are in the Youth age category and who could not qualify for the American Open to have an additional opportunity to compete for spots on the 2013 YWC Team. On the basis of an analysis of the recent competition results of athletes who will be in the Youth age category in 2013 (those born in 1996 through 2000) we have arrived at special qualifying totals for the YWC Trials sessions of the AO. These totals have been designed to enable approximately 25 athletes of each gender to qualify (although we expect a smaller number to actually lift).

For the women, these totals represent 65% of the YWC qualifying standards, and for the men they represent 74% of those standards. However, since the qualifying standard totals established for the AO in the women’s 48 kg. category, and the men’s 56 kg. category, are equal to, or less than, the aforementioned 65%/74% of YWC standards for Youth age athletes in the 44 and 48 kg. women’s categories, and the men’s 50 and 56 kg. categories, athletes in those categories will simply lift in the regular 48/56 AO categories. Youth age athletes in the 53W/62M and higher bodyweight categories who cannot qualify for the AO will have the opportunity to lift in the special YWC trials sessions that will be held on Friday November 30. Youth age athletes whose entry totals qualify them for the AO will be required to lift in the AO sessions and will not be permitted to lift in the Trials sessions, but their totals will count toward team selection for the YWC. In contrast, totals made in the YWC trials sessions will not count toward placement in the AO because athletes in these sessions have not qualified to lift in the AO. So those born in 1996 or later, whose entry totals do not qualify them for the American Open, may qualify to lift in the special YWC Team Trials sessions that will be held on Friday, November 30<sup>th</sup>.

**ELIGIBILITY, QUALIFYING and ENTRY TOTALS:** In order to enter this event you must have been born in 1996 through 2000, and must:

- 1) Be a USAW member in good standing when you submit an entry and remain a member through the time your WC Team Trial Session ends.
- 2) **Assure your entry and the required payment for it is received by the USAW National Office by the Entry Deadline**
- 3) Make a YCW Trials qualifying standard total during the qualifying period in the bodyweight category you are entering (or in a lower bodyweight category, if that latter total is higher), that is equal to or higher than the qualifying standard totals shown below (in an official USAW sanctioned competition, while you are a USAW member) – that qualifying total must be entered by you when you complete your entry form
- 4) However, in completing this entry form, you may elect to use an announced Entry Total (ET) that is lower than your qualifying total, but that lower total must at least equal the qualifying standard total for the bodyweight/age category you are entering (if no entry total is listed in your entry form, your qualifying total as described in 3 above will automatically be used for your ET). Please note that the total of your starting attempts at the competition must at least be within 20k (men) /15K (women) of your ET. No extra lifters will be permitted in this competition.

**YOUTH WORLD TEAM TRIALS SESSIONS QUALIFYING STANDARD TOTALS\***

MEN		WOMEN	
WT CLASS (KG)	Q. TOTAL (KG)	WT CLASS (KG)	Q. TOTAL (KG)
62	171	53	103
69	184	58	110
77	200	63	117
85	209	69	121
94	219	69+	132
94+	228		

\*Athletes born between in 1996 through 2000, and who weigh 48kg. or less (Women) or 56 kg. or less (Men) will lift in the AO instead of the YWC Trials sessions but their totals will count toward YWC team qualification (bodyweight category determined by their actual bodyweights at the weigh-in for their competition session) as well as AO placement.



TRAVEL AND HOTEL INFORMATION

VENUE: Palm Springs Convention Center  
277 N Avenida Caballeros  
Palm Springs, CA 92262  
760.322.6440  
[www.palmspringscc.com](http://www.palmspringscc.com)

HOST HOTEL: Renaissance Hotel Palm Springs  
888 Tahquitz Canyon Way  
Palm Springs, CA 92262  
888-682-1238

[https://resweb.passkey.com/Resweb.do?mode=welcome\\_ei\\_new&eventID=9591621](https://resweb.passkey.com/Resweb.do?mode=welcome_ei_new&eventID=9591621)

single/double (1 king) \$119 (reg. rate \$199)  
up to four people (2 queens) \$129 (reg. rate \$219)  
must use promo code: USA Weightlifting American Open

The Renaissance Hotel is connected to the weightlifting venue.

COMPLIMENTARY SHUTTLE to & from Palm Springs International Airport: Please call to make arrangements.

AIRPORTS: Palm Springs International Airport (PSP). There is a free shuttle to and from PSP and the hotel.  
1.5 miles from weightlifting venue/hotel (5 minute transfer time)

Ontario International Airport (ONT)  
67 miles from weightlifting venue/hotel (66 minute transfer time)

## **USAW MEMBERS ARE ENTITLED TO THE FOLLOWING BENEFITS**

5-15% discount off your national and international travel through United & Hilton Hotels

### **How to book travel with United:**

USA Weightlifting has been assigned an event code to be used when purchasing tickets on United or United Express flights. USAW's code is **ZMH4492350** and will activate fare discounts for any USAW National sanctioned events.

Two ways to book discount air travel: Phone or Internet - each method offers different discounts.

### **Phone - United Olympic Desk:**

- Call the United Olympic Desk at 800-841-0460 Monday-Friday from 10:00am to 8:00pm (EST).
- United is pleased to offer a 2-10% discount on published domestic fares and 7-15% on International fares for all US Olympic recognized events and meetings when calling the United Olympic Desk. Discounts are available on United and United Express flights as well as United-marketed Air Canada and Lufthansa code share flights. Discount varies by booking class and at time of ticketing. Certain published fares may not be eligible for the discount.

### **Internet - [www.united.com/usoc](http://www.united.com/usoc):**

- Purchase tickets online and receive a 5% discount off the lowest applicable internet fares. By booking your travel online you will receive the lowest guaranteed united.com fares and will never pay a booking fee.
- To book travel online visit [www.united.com/usoc](http://www.united.com/usoc).

### **How to book travel with**

**Hilton:** <https://hiltonhonors.com/NGBCampaign/Olympic.html?cid=OM,HN,teamusastays,LP2010>