



**2015 USA WEIGHTLIFTING NATIONAL YOUTH CHAMPIONSHIPS
GENERAL INFORMATION, ENTRY FORM & PARTICIPATION CONTRACT
MINNEAPOLIS, MINNESOTA – JUNE 25-28, 2015**

VENUE:

DoubleTree by Hilton Minneapolis South/Mall of America
7800 Normandale Boulevard
Minneapolis, MN, 55439
Exhibition Venue Only: The Mall of America, 60 East Broadway, Bloomington, MN, 55425

HOTEL:

DoubleTree by Hilton Minneapolis South/Mall of America (Shuttle to Airport and Mall of America)
7800 Normandale Boulevard
Minneapolis, MN, 55439
Book online at: http://doubletree.hilton.com/en/dt/groups/personalized/M/MSPBSDT-NYW-20150624/index.jhtml?WT.mc_id=POG
\$109 per night.

Radisson Waterpark of America Hotel – Including WaterPark of America access.
1700 East American Boulevard
Bloomington, MN, 55425
Book online at: http://www.radisson.com/usaw
\$109 per night – Up to 6 per room!

NEAREST AIRPORTS:

Minneapolis-St Paul International Airport (MSP) is approximately 11 miles from the venue.

AIRPORT TRANSPORT:

A complimentary shuttle from *Minneapolis-St Paul International Airport (MSP)* will exist to the Venue, Host Hotels and Mall of America. Please send your flight and hotel details to usaw@usaweightlifting.org

HOTEL TRANSPORTATION: A complimentary shuttle will operate between the venue, meet hotels and the Mall of America

ABOUT OUR HOST CITY:

www.bloomingtonmn.org

VOLUNTEER AT: volunteer@usaweightlifting.org

QUALIFICATION PERIOD: May 24, 2014 – May 24, 2015

REGISTRATION DEADLINE: June 2, 2015 23.59 Mountain Daylight Time.

SCHEDULE PUBLISHED: June 5, 2015

QUALIFYING TOTALS: *See below for regulations

Men		Women	
Under 11 & Under 13 (Born 2002 or Later)		Under 11 & Under 13 (Born 2002 or Later)	
31kg	35kg	31kg	31kg
35kg	46kg	35kg	36kg
39kg	56kg	39kg	44kg
44kg	62kg	44kg	49kg
50kg	70kg	48kg	53kg
56kg	78kg	53kg	57kg
62kg	84kg	58kg	61kg
69kg	90kg	58kg and Over	66kg
69kg and Over	96kg		
Ages 14-15 (Born 2000-2001)		Ages 14-15 (Born 2000-2001)	
44kg	80kg	44kg	58kg
50kg	93kg	48kg	68kg
56kg	107kg	53kg	75kg
62kg	120kg	58kg	82kg
69kg	132kg	63kg	88kg
77kg	142kg	69kg	94kg
85kg	150kg	69kg and Over	100kg
85kg and Over	155kg		
Ages 16-17 (Born 1998-1999)		Ages 16-17 (Born 1998-1999)	
50kg	105kg	44kg	68kg
56kg	115kg	48kg	75kg
62kg	136kg	53kg	85kg
69kg	153kg	58kg	94kg
77kg	167kg	63kg	103kg
85kg	176kg	69kg	111kg
94kg	184kg	75kg	116kg
105kg	190kg	75kg and Over	121kg
105kg and Over	195kg		

LOC: USA Weightlifting, Minnesota High School Weightlifting Association, City of Bloomington MN and the Mall of America.

MEET DIRECTOR: Chris Rousemiller, assisted by the Minnesota High School Weightlifting Association.

SANCTION NUMBER: 60-15-02

ELIGIBILITY To enter this event you must be a 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 USA Weightlifting National Office by June 2, 2015 at 23.59 Mountain Daylight Time.**
<https://www.usaw.hangastar.com>
- 2) Make or exceed the Qualifying Total for the bodyweight category and age category you are entering, while lifting in the bodyweight category you are entering (or a lighter bodyweight category)*. Unless you enter an Entry Total during the

registration process, we will automatically use as your Entry Total the highest total you made during the Qualifying Period in the bodyweight category you are entering (or that you made in a lower bodyweight category, if that total is higher). Alternatively, you may declare a different Entry Total during the registration process that is lower (never higher) than your aforementioned highest total. However, any lower Entry Total that you declare may not be lower than the Qualifying Total for the bodyweight category you are entering, and the total of the starting attempts you declare for the competition must be within 15 Kg. (for males) and 10 Kg. (for females) of your Entry Total.

- 3) Members of any Youth World Championship team are declared qualified.
- 4) The National Youth Championship is open to non-US Citizens who are legally present in the United States, to a maximum of 20 non-US Registrations. Please note that non-US Citizens are not able to set American Records.
- 5) You must be born Jan 1, 1998 or later to enter the National Youth Championships.
- 6) Competition age is based on athlete's birth year, rather than actual age. For example, an athlete born in 1998 is in their 17th year for the purposes of competition, an athlete born in 1997 is in their 18th year and is not eligible.

ENTRY DEADLINE: Tuesday, June 2, 2015. All entries, team or individual, whether made online, via fax or via regular mail or express service, must be received with payment by the USA Weightlifting National Office no later than 23:59 MDT Tuesday, June 2, 2015, Entries and/or payments received after that time will be rejected.

QUALIFICATION FOR 2015 INTERNATIONAL COMPETITIONS:

USA Weightlifting has designated the 2015 National Youth Championships as a Qualification Event for the following 2015 international competitions:

2015 Youth Invitational (15 & Under, 13 & Under)

Estimated Dates: August 2015 Estimated Location: TBC, USA

Team USA Ranking Objective & Method: Ability to Medal

2015 Youth Pan American Championship (Eligibility, Years of Birth 1998 to 2002 Only)

Estimated Dates: September 2015 Estimated Location: San Luis Potosi, Mexico

Team USA Ranking Objective & Method: Ability to Medal

2015 World Championships (Eligibility, Year of Birth 2000 and earlier only).

Estimated Dates: November 2015 Estimated Location: Houston, USA

Note that the dates, locations, and presentation of the above events are subject to changes and adjustment as specified on the IWF (International Weightlifting Federation) and PAWF (Pan American Weightlifting Federation) calendars.

The Team USA ranking for the 2015 World Championships, whose Objective & Method is ability to place and score, will be based on placement results from first to twenty-fifth place from prior year results for that competition. Since the 2013 World Championships have already been concluded, these specifics are located in the 2015 International Competition Manual.

Note that you may qualify for an international team based on your Weight rather than your weight class you are competing in at any given Championship. For example, you may compete in the 56kg category weighing 49.99kg, you will thus rank for an international team at the 50kg category.

SCHEDULE NOTICE: IMPORTANT SCHEDULING NOTICE
USA Weightlifting will publish the schedule within 48 hours after the close of entries, as a guide the competition will work from the lightest and youngest category through to the heaviest and oldest category. For historical information the previous schedule can be found here;
2013:
http://www.teamusa.org/~media/USA_Weightlifting/2013%20Events/2013%20National%20Youth/Final%20Schedule.pdf

SESSION CREATION: Where the number of lifters exceeds a reasonable number for one session, the weight class will be split down into session ordered alphabetically where A is the session containing those with the highest totals, through to however many sessions are necessary to satisfy the number of entries in that category.

**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 23:59 MDT, Tuesday June 23, 2015, by notifying the National Office, in writing, of the desired change, if you have made the qualifying total for that category. You may also make a change at the Verification of Final Entries Meeting that will take place on June 25, 2015, 17:30-18:00 CDT, at the Doubletree by Hilton Minneapolis-South 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 and/or 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 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. Please note in selecting your ET that the total of your starting attempts at the competition must at least be within 15kg (men) /10kg (women) of the QT, and if you are selected for an A session with 15kg/10kg of the minimum total for the A session. No extra lifters will be permitted in this competition.

**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 15 years of age or younger

DOPING CONTROL: Formal drug testing of participants by the United States Anti-Doping Agency (USADA) will be in effect. Participation in this event 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, 2hrs before the schedule start of session. Unofficial weight-check scales will be provided. Please note at USA Weightlifting National Youth Championships a sauna is not provided.

AWARDS: Medals to top 3 in each body weight/age category for snatch, clean & jerk, and total. Best lifter award for the top male and female lifter. An additional award in the 13 and Under category will be given to the top 3 **totals** who are age 11 and Under. A technique award will be given in each A session to the athlete judged to have the best technique in that session by the referees seated for that session.

TEAM AWARDS: Team Awards will be given for Overall Boys & Overall Girls, and will also be given for Age Class Teams (13U and 11U are combined). Team points based on IWF rule 6.8.3 and will be in total only. Points awards to 25th place are as follows, those who do not make a total do not score.

Placement	Points
1	28
2	25
3	23
4	22
5	21
6	20
7	19
8	18
9	17
10	16
11	15
12	14
13	13
14	12
15	11
16	10
17	9
18	8
19	7
20	6
21	5
22	4
23	3
24	2
25	1
26 or Below	0 Points

OFFICIAL ENTRY FORM – 2015 NATIONAL YOUTH CHAMPIONSHIP MINNEAPOLIS, MINNESOTA – June 25-28, 2015

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 as specified above in 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 – \$75.00 if you enter online (Non-refundable)
If you use a paper entry, \$85.00 (Non-refundable; includes manual processing fee of \$10)
Each OVERALL TEAM – \$85.00 if you enter you're a team online (Non-refundable)
If you use a paper entry \$95.00 (Non-refundable; includes manual processing fee of \$10)

Please enter me in the 2015 National Youth Championships to be held on June 25-28, at the Doubletree by Hilton Minneapolis-South,. 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, Team Minnesota, Lakeville South Strength, Minnesota High School Weightlifting Organization, the Mall of America, the Doubletree by Hilton Minneapolis-South and any meet 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:

WEIGHT CLASS QUALIFIED _____ KG (You may only enter one) USAW Member # _____

____ MALE ____ FEMALE

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: \$85 (paper entry fee)

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 _____

2015 National Youth Championships Manual Entry

DRUG USE AND BLOOD DOPING

All competitors in the 2014 National Youth Championships are subject to drug testing by the United States Anti- Doping Agency (USADA). A positive result for an International Olympic Committee (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 .

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 am subject to receiving 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: _____

**2015 National Youth Championship
June 25-28 – Minneapolis, Minnesota**

**OFFICIAL TEAM ENTRY FORM
\$85/Team + \$10 Admin Fee for Paper Application (Overall Team)
\$45/Team +\$10 Admin Fee for Paper Application (Age Group Team)**

Select one: _____ Men's Team _____ Women's Team
AGE GROUP _____ OVERALL _____

(Make copies as necessary for additional teams) Online entries can be made by clicking ([link here](#)) Please enter the following Team in the 2015 National Youth 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.

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 _____

Travel and Hotel Info

DoubleTree by Hilton Minneapolis-South
7800 Normandale Boulevard, Minneapolis, MN, 55425

USA WEIGHTLIFTING 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 fare discounts for any USAW National sanctioned events.

Phone - United Olympic Desk:

- Call USA Weightlifting, 719-866-4508 for the 2015 United Discount code.
- 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.

How to book travel with Hilton:

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

How to book a rental car through National & Enterprise : <http://www.teamusa.org/USA-Weightlifting/Membership/Membership-Benefits/Car-Rental>