

USA WEIGHTLIFTING – 2015 NATIONAL YOUTH CHAMPIONSHIPS

USA WEIGHTLIFTING – WHAT'S CHANGED IN 2015?

WHAT'S NEW IN 2015?

- NON-CITIZEN RESIDENTS OF THE UNITED STATES ARE ABLE TO LIFT TO A MAXIMUM OF 20 SLOTS. NON-CITIZENS MUST SHOW LEGAL RESIDENCY IN THE UNITED STATES. NON-CITIZEN RESIDENTS MAY NOT SET AMERICAN RECORDS.
- NEW TEAM RULES REFLECTING IWF RULE 6.8.3 – SCORING TO 25TH PLACE. FOR FULL SCORING BREAKDOWN SEE THE ENTRY FORM.
- THERE ARE INCREASED QUALIFYING TOTALS FROM THE 2014 NATIONAL YOUTH CHAMPIONSHIPS, MAKE SURE YOU MEET THE NEW QUALIFYING TOTALS.
- US OLYMPIC TRAINING CENTER RESIDENT COACH, AND 1972 GOLD MEDALIST ZYGMUNT SMALCERZ, WILL GIVE A LARGE CLINIC ON THURSDAY 25 JUNE.
- WE WILL HAVE AN ADDITIONAL OFF-SITE TRAINING VENUE AT UNDISPUTED STRENGTH & CONDITIONING AVAILABLE EVEN IF YOU ARE ARRIVING TO MINNESOTA EARLY.



CJ CUMMINGS, 69KG
BEAUFORT, SC
MULTIPLE YTH, JNR &
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RECORD HOLDER

