

# Fulton Homes Grand Canyon State Winter Games

Presents

## Arizona State *Olympic-Style* Weightlifting Championships

&

### High School Clean Competition

#### GENERAL INFORMATION

**Sat April 26<sup>th</sup>, 2008**

Mesa Family YMCA Gymnasium  
207 N. Mesa Dr.  
Mesa, AZ 85201  
480-969-8166

**Sanction Number:**

48-08-04

**Sanctioned By:**

**TEAM ARIZONA OLYMPIC WEIGHTLIFTING**  
CURRENT USAW RULES WILL BE FOLLOWED

**Entry Fee:**

\$30

**Contact Info:**

**MEET DIRECTOR:**

**Joe Micela**  
1555 S. Gilbert Rd #107  
Mesa, Arizona 85204  
480-813-5477  
joe@performanceone.net

**TELEPHONE:**

**EMAIL:**

**PROOF OF USAW REGISTRATION AND AGE REQUIRED AT WEIGH IN:**

(i.e. birth certificate, drivers license), a Picture ID and a USAW Membership Card.

**Age Divisions for both Male and Female**

School Age (13 & Under, 14-15, 16-17)  
Junior (17-20)  
Senior (21-35)  
Masters (35+)

**Rules/ Technical Clinic:** PRIOR TO THE START OF THE DAYS COMPETITION ALL TECHNICAL QUESTIONS, AND A GENERAL RULES CLINIC WILL BE CONDUCTED (*IF NECESSARY BEFORE SUBSEQUENT SESSIONS*)

**Awards:** Medals for best in weight class by Division (Schoolage, Juniors, Seniors, & Masters)  
Trophies for Best Overall Male and Female by Sinclair Formula and Team

#### TENTATIVE SCHEDULE OF COMPETITION:

<b>SESSION 1</b>	ALL WOMEN, (ALL DIVISIONS)	<b>WEIGH IN 9-10:00 AM</b>	<b>LIFT</b>	<b>11:00 AM</b>
<b>SESSION 2</b>	56, 62, 69, 77 -Kilo MEN (ALL DIVISIONS)	<b>WEIGH IN 10-11 PM</b>	<b>LIFT</b>	<b>12:00 PM</b>
<b>SESSION 3</b>	Clean Only (ALL DIVISIONS)	<b>WEIGH IN 12-1:00 PM</b>	<b>LIFT</b>	<b>2:00 PM</b>
<b>SESSION 4</b>	85, 94, 105, 105+ Kilo MEN (ALL DIVISIONS)	<b>WEIGH IN 2-3:00 PM</b>	<b>LIFT</b>	<b>4:00 PM</b>

# TEAM

## High School Clean Competition

### GENERAL INFORMATION

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207 N. Mesa Dr.  
Mesa, AZ 85201  
480-969-8166

**Sanctioned By:**

**TEAM ARIZONA OLYMPIC WEIGHTLIFTING**  
CURRENT USAW RULES WILL BE FOLLOWED

**Entry Fee:**

**\$15**

**Contact Info:**

**MEET DIRECTOR:**

**Joe Micela**  
**1555 S. Gilbert Rd #107**  
**Mesa, Arizona 85204**

**TELEPHONE:**

**480-813-5477**

**EMAIL:**

[joe@performanceone.net](mailto:joe@performanceone.net)

**PROOF OF AGE REQUIRED AT WEIGH IN:**

(i.e. birth certificate, drivers license), a Picture ID and a USAW Membership Card.

**Age Divisions for both Male and Female**

School Age (13 & Under, 14-15, 16-17)

Junior (17-20)

**Rules/ Technical Clinic:** PRIOR TO THE START OF THE DAYS COMPETITION ALL TECHNICAL QUESTIONS, AND A GENERAL RULES CLINIC WILL BE CONDUCTED *(IF NECESSARY BEFORE SUBSEQUENT SESSIONS)*

**Awards:** [Medals](#) for best in weight class by Division (Schoolage, & Juniors.)  
[Trophies](#) for Best Overall Male and Female and Team

### TENTATIVE SCHEDULE OF COMPETITION:

**SESSION 3**

Clean Only (ALL DIVISIONS)

**WEIGH IN 12-1:00 PM**

**LIFT 2:00**

### Weight Classes

#### Boys

#### Girls

<b>50 kilos</b>	<b>(110 lbs)</b>	<b>44 kilos</b>	<b>(96.8 lbs)</b>
<b>56 kilos</b>	<b>(123.2 lbs)</b>	<b>48 kilos</b>	<b>(105.6 lbs)</b>
<b>62 kilos</b>	<b>(136.4 lbs)</b>	<b>53 kilos</b>	<b>(116.6 lbs)</b>
<b>77 kilos</b>	<b>(169.4 lbs)</b>	<b>58 kilos</b>	<b>(127.6 lbs)</b>
<b>85 kilos</b>	<b>(187 lbs)</b>	<b>63 kilos</b>	<b>(138.6 lbs)</b>
<b>94 kilos</b>	<b>(206.8 lbs)</b>	<b>69 kilos</b>	<b>(151.8 lbs)</b>
<b>105 kilos</b>	<b>(231 lbs)</b>	<b>75 kilos</b>	<b>(165 lbs)</b>
<b>105+ kilos</b>	<b>(231+ lbs)</b>	<b>75+ kilos</b>	<b>(165+ lbs)</b>

# WEIGHTLIFTING

**THE TEAM**

Fulton Homes Grand Canyon State Winter Games

**ARIZONA**

Presents

Arizona State *Olympic-Style* Weightlifting Championships

&

High School Clean Competition

**OFFICIAL ENTRY FORM**

**PLEASE TYPE OR PRINT ALL INFORMATION CLEARLY**

WEIGHT CLASS: \_\_\_\_\_ KG (YOU CAN ONLY ENTER ONE)

2007 USAW Member # \_\_\_\_\_ (Not Necessary for Clean Only)

YEAR OF BIRTH: \_\_\_\_\_ AGE: \_\_\_\_\_

AGE GROUP: \_\_\_\_\_ SCHOOLAGE (17 & Under) \_\_\_\_\_ JUNIOR (17-20)  
\_\_\_\_\_ SENIOR (21-35) \_\_\_\_\_ MASTER (35+)

NAME: (LAST) \_\_\_\_\_ (FIRST) \_\_\_\_\_ (MID) \_\_\_\_\_

ADDRESS \_\_\_\_\_

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

PHONE: (\_\_\_\_) \_\_\_\_\_ E-MAIL: \_\_\_\_\_

CLUB AFFILIATION: \_\_\_\_\_

COACH: \_\_\_\_\_

**WEIGHTLIFTING**

Send registration and entry fee check to: Joe Micela, c/o Performance One Advanced Sports Training  
1555 S. Gilbert Rd. #107  
Mesa, AZ 85204

TELEPHONE: (480) 813-5477 E-MAIL: [joe@performanceone.net](mailto:joe@performanceone.net) WEBSITE: [www.performanceone.net](http://www.performanceone.net)

# TEAM

Presents

## Arizona State *Olympic-Style* Weightlifting Championships

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### High School Clean Competition

#### OFFICAL ENTRY FORM

RETURN ENTRY: Bring Waiver Signed to Meet

PLEASE TYPE OR PRINT ALL INFORMATION CLEARLY

Please enter me in the Fulton Homes Winter Games & Arizona State Weightlifting Championships to be held on Sat April 26<sup>th</sup>, 2008 at YMCA of Mesa, Arizona. I certify that I am an amateur in good standing. In consideration of my entry in the competition, I do hereby waive, and release Team Arizona Olympic Weightlifting Club, Performance One Advanced Sports Training, YMCA, and their 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 m injury or illness, or for any and all other costs, damages or loses suffered or incurred by me or occasioned to me in connection with my travel to 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 negligence and/ or loss of sight and medical reimbursement insurance policies maintained by the Organizers. 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 decisions for me as through they stood in a relationship to me of parent, guardian or nest of kin cannot be timely and conveniently contacted to participate in the making over 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 emergent 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 hospital and other medical care of such policies' limits.

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

#### UNDER AGE ATHLETES

**ATHLETES UNDER 18 YEARS OF AGE HAVE THE FOLLOWING SECTION COMPETED 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 USAW ACTIVITY UNDER THE ABOVE STIPULATED CONDITIONS.*

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

# Fulton Homes Grand Canyon State Winter Games

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## Arizona State *Olympic-Style* Weightlifting Championships

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## High School Clean Competition

### TEAM ENTRY FORM

SELECT ONE: \_\_\_\_\_ MEN'S TEAM \_\_\_\_\_ WOMAN'S TEAM

SELECT ONE: \_\_\_\_\_ High School \_\_\_\_\_ Senior

(MAKE COPIES AS NECESSARY FOR ADDITIONAL TEAMS)

Please enter the following Team in the Fulton Homes International Hispanic Games.  
Enclosed is a check for

This tentative team roster must be submitted and each athlete on this roster must submit an individual entry indicating that he represents this club. Final team roster are due at the time of weigh in. No more and 2 per class. A maximum of 8 men can be counted for one men's team. And 7 women can be counted towards one woman's team. A High School team can have both Junior and School Age athletes as long as the athlete is still in High School. Junior athletes too old for the High School Division can lift in the Senior Team Division.

### Team Point System

1<sup>st</sup> Place = 20 points

6<sup>th</sup> = 6

2<sup>nd</sup> = 15

7<sup>th</sup> = 4

3<sup>rd</sup> = 10

8<sup>th</sup> = 2

4<sup>th</sup> = 8

Official Club Name: \_\_\_\_\_

Local School Club: \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_