

**IOWA HIGH SCHOOL
WEIGHTLIFTING OPEN
Saturday, May 10th, 2008**

Place: UNITED SPORT AND ATHLETE, INC.
1045 SOUTHTOWN DRIVE., WATERLOO, IA 50702

Sponsor: United Sport and Athlete and Team United

Sanction: USA Weightlifting

Eligible: School Age and Junior Weightlifters currently attending Iowa secondary schools. All athletes must be registered with the U.S.A.W. and must present at the weigh-in a current U.S.A.W. card (Or have completed U.S.A.W. Registration Form), proof of age or current school I.D. All lifters must compete for the Iowa school they attend.

Lifts: The Snatch and Clean & Jerk, U.S.A.W. Rules
ALL LIFTERS MUST WEAR A SINGLET.

Schedule:	<u>Class</u>	<u>Weigh In</u>	<u>Lift</u>
All Women:		9:00 – 10:00 a.m.	11:00 a.m.
Men:	56 Kg – 77 Kg	11:00 – 12:00 a.m.	1:00 a.m.
Men:	85 Kg – 105+Kg	1:00 – 2:00 p.m.	3:00 p.m.
Open:	All Non-High School Kg	3:00 p.m. – 4:00 p.m.	5:00 p.m.

Note: Times subject to change depending on number of entrants.

Awards: Medals to top 3 individuals in each weight class.
Trophies will be presented to the top 3 combined teams (Men's and Women's).

Entry Fee: **\$15.00.** Entry must be filled in **completely**. *Make Checks Payable to United Sport and Athlete*

Send To: Jed Smith
1045 SOUTHTOWN DRIVE., WATERLOO, IA 50702 (Phone # 319-415-9163)

**Entry Blank
IOWA HIGH SCHOOL WEIGHTLIFTING OPEN**

Weight Class: _____ Kg Sex: M F

Name: _____ Date of Birth: ____/____/____

Address: _____
Street City Zip

School: _____ Home Telephone: (____) _____

Note:

I do not hold the U.S.A.W. or United Sport and Athlete liable for damages, injuries, or losses suffered by me in this meet.

Signature (parent must sign if a minor)

Date: ____/____/____

IOWA HIGH SCHOOL WEIGHTLIFTING OPEN OFFICIAL TEAM ENTRY FORM

Final Team Entry Due By 11:00 AM May 10th

Teams must consist of maximum 8 girls & 10 boys in **School Age Division**

Teams must consist of maximum 7 girls & 8 boys in **Junior Division**

Make additional copy of this form for both Schoolage and Junior teams

A Maximum of two entrants in any one weight class.

Team places will be determined by USAW Local Point Scoring:

6pts for 1st place

4pts for 2nd place

3pts for 3rd

2pts for 4th

1pt for 5th

Team (School) _____

Select Team _____ Schoolage _____ Junior _____

Signature (Coach) _____

Date _____

Girls

Boys

<u>First Name</u>	<u>Last Name</u>	<u>Class</u>		<u>First Name</u>	<u>Last Name</u>	<u>Class</u>
_____	_____	_____	1	_____	_____	_____
_____	_____	_____	2	_____	_____	_____
_____	_____	_____	3	_____	_____	_____
_____	_____	_____	4	_____	_____	_____
_____	_____	_____	5	_____	_____	_____
_____	_____	_____	6	_____	_____	_____
_____	_____	_____	7	_____	_____	_____
_____	_____	_____	8	_____	_____	_____
_____	_____	_____	9	_____	_____	_____
_____	_____	_____	10	_____	_____	_____



USA WEIGHTLIFTING MEMBERSHIP APPLICATION



New membership: _____ Renewal: _____ Membership #: _____

Last Name		First Name		M.I.	Date of Birth		Gender M _____ F _____		
Address			City			State	Zip		
(circle one) Home # / Work # / Cell #			(circle one) Home # / Work # / Cell #			E-Mail			
Club Affiliation				Club #		U.S. Citizen Yes _____ No _____		College Student Yes _____ No _____	
Coach #1				Coach #2					

School Age/Junior: Membership expires one year from the date you sign this form. Other categories may pay for multi-year membership, up to four (4) years from the date you sign this form. Certified Club or Sports Performance Coach memberships are only good for ONE year and must be renewed and recertified annually. Use the following formula to calculate all membership categories:

Membership expiration year MINUS birth year= Age you will be AT ANY POINT in membership expiration year= Membership Category

Examples: (membership expiration year) 2009 – (year of birth) 1992 = AGE 17 in 2009 (membership expiration year) = School Age Category \$20
(membership expiration year) 2009 – (year of birth) 1991 = AGE 18 in 2009 (membership expiration year) = Junior Category \$30
(membership expiration year) 2009 – (year of birth) 1988 = AGE 21 in 2009 (membership expiration year) = Senior Category \$35

Check all membership categories that apply, but pay only the greatest dollar (\$) amount of all membership categories checked.

MEMBERSHIP CATEGORIES:

	1 YR	2 YR	3 YR	4 YR
1. School Age (age 17 & under) **Age you are in membership expiration year	\$20	not avail.	not avail.	not avail.
2. Junior (ages 18-20) **Age you are in membership expiration year	\$30	not avail.	not avail.	not avail.
3. Senior (age 21 and up) ** Age you are in membership expiration year	\$35	\$70	\$105	\$140
4. Master (age 35 and up in membership expiration year, eligible to lift in Masters competitions)	\$40	\$80	\$120	\$160
5. Master/Certified Coach (with Club OR Sport Performance re-certification test)	\$70	not avail.	not avail.	not avail.
6. Club Coach , re-certification fee waived. If claiming a waiver, you must name your athlete(s): (_____)	\$35	not avail.	not avail.	not avail.
7. Club or Sports Perform. Coach (Must submit appropriate re-certification test annually. Club Coaches may qualify for a waiver if coaching at least one USAW athlete. See # 6, above.	\$65	not avail.	not avail.	not avail.
8. Dual-certified Coach (with both Club AND Sport Performance certification – must submit both recert tests)	\$85	not avail.	not avail.	not avail.
9. Advanced Level Coach (Senior, Regional, International or Senior International)	\$35	\$70	\$105	\$140
10. (circle one) Uncertified Coach or Medical or Referee or Administrator or Volunteer	\$35	\$70	\$105	\$140
Additional Contribution: \$1 _____ \$5 _____ \$10 _____ \$20 _____ Other \$ _____ (USA Weightlifting appreciates your support!)				

Please make check or money order payable to USA Weightlifting, or pay by credit card. **PLEASE DO NOT SEND CASH.** Total enclosed: _____

CC# (Visa or MasterCard only): _____ - _____ - _____ - _____ EXPIR. DATE: _____

WAIVER OF LIABILITY MUST BE SIGNED BY APPLICANT. PARENT or LEGAL GUARDIAN OF APPLICANT UNDER 18 YEARS OF AGE MUST ALSO SIGN.

In consideration of my participation in any USA Weightlifting program, I acknowledge that I understand the nature of the activity and that I, and/or my minor child, am qualified, in good health, and in proper physical condition to participate in such activity. I fully understand that weightlifting involves risk of serious bodily injury, including permanent disability, paralysis, and death, and that these and other risks may be caused by my own actions, or inaction, those of others participating in the event, the conditions in which the event takes place, or the negligence of the Releases named below, and that there may be other risks either not known to me or not foreseen at this time and I fully accept and assume all such risks and all responsibility for losses, costs and damages I incur as a result of my participation in the activity.

I hereby release, discharge and covenant not to sue USA Weightlifting, their respective administrators, directors, agents, officers, volunteers and employees and any sponsors and advertisers of any USAW sanctioned event in which I participate (each considered one of the Releases herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releases. This release, waiver of liability and express assumption of risk agreement does not apply to any liability, claims, demands, losses or damages arising out of the gross negligence of or intentional, willful or wanton misconduct of Releases. If I or anyone on my and/or my minor child's behalf makes a claim against any of the Releases, I will indemnify, defend, save and hold harmless each of the Releases from any loss, liability, damage or cost which may incur as a result of such claim. **I acknowledge that I have read this release, waiver of liability and express assumption of risk agreement and fully understand it.**

X _____
Member's signature Date signed

Signature of Parent or Legal Guardian **required** if athlete is under 18 USAW Certified Coach must sign if member is under 12 USAW member #

Send application and payment to: USA WEIGHTLIFTING, 1 OLYMPIC PLAZA, COLORADO SPRINGS, CO 80909 or fax your application with credit card information to 719-866-4741. Questions? Call 719-866-4508 or email us at usaw@usaweightlifting.org.

Also see our website at www.usaweightlifting.org.

NOTE: In the event of membership cancellation, USA Weightlifting does NOT refund membership or recertification fees.