

USA WEIGHTLIFTING 36TH ANNUAL 2010 NATIONAL MEN'S AND WOMEN'S MASTERS WEIGHTLIFTING CHAMPIONSHIPS

Hosted by the New York City Department of Parks
April 9 - 11, 2010

QUALIFYING TOTALS: There are no qualifying totals. However, an athlete must have competed in one of the last three National Masters Championships or a USAW sanctioned meet between April 2, 2007 and March 20, 2010. Athlete must also be a USAW Master registered athlete (decision made by 2000 USAW Masters Committee).

OFFICIAL ENTRY FORM



NYC Department of Parks

Sanction # 06-10-01

**Lost Battalion Hall
93-29 Queens Blvd
Rego Park, NY 11374**

| | | | |
|--------------------|-------|-----------------------|-----------|
| AGE GROUPS: | 35-39 | YEAR OF BIRTH: | 1971-1975 |
| | 40-44 | | 1966-1970 |
| | 45-49 | | 1961-1965 |
| | 50-54 | | 1956-1960 |
| | 55-59 | | 1951-1955 |
| | 60-64 | | 1946-1950 |
| | 65-69 | | 1941-1945 |
| | 70-74 | | 1936-1940 |
| | 75-79 | | 1931-1935 |
| | 80-84 | | 1926-1930 |
| | 85-89 | | 1921-1925 |
| | 90-94 | | 1916-1920 |

WEIGH IN: All weigh-ins will be done at the Lost Battalion Hall. Daily schedules are subject to change by Technical Committee. Notice of changes will be posted at the competition hotel. A check scale will be available at the competition hotel beginning Thursday April 8 and throughout the competition.

FINAL TEAM ROSTERS: Final rosters for Men’s and Women’s Teams must be in the hands of the Competition Secretary no later than 7:30 P.M., Thursday, April 8, 2010 at the Technical Conference at Lost Battalion Hall. Please note: Team entries must be postmarked no later than March 20, 2010. Proof of mailing is required, please see page 1, “proof of entry.”

INDIVIDUAL AWARDS: Championship awards for 1st, 2nd, and 3rd in each age/weight class for total only. Men’s and Women’s best lifter awards will be given in each age group based on Sinclair body weight and Malone-Meltzer age correction formulas. Grand Master Awards for men and women will be based on the highest Sinclair body weight and Malone-Meltzer age correction formulas on Age Group winners only.

TEAM AWARDS: Men’s Team: 1st, 2nd, and 3rd Place. Women’s Team: 1st, 2nd, and 3rd Place. Teams must be registered for 2010 with USAW and all lifter’s cards must indicate team membership, if appropriate.

SCHEDULED MEETINGS:

| | |
|---------------------------------|--|
| Thursday, April 8, 2010 | Technical Conference 7:30-9:30 P.M. - LBH |
| Friday, April 9, 2010 | Women’s Business Meeting at LBH approx. 6:00 P.M. (meeting will follow the last Women’s session). |
| Saturday, April 10, 2010 | Masters Committee (Breakfast) Meeting 7:00 A.M. Location to be announced. |
| Saturday, April 10, 2010 | Banquet and Annual Meeting 7:30 P.M. – LBH (meeting will follow the banquet) |

2010 NATIONAL MASTERS WEIGHTLIFTING CHAMPIONSHIPS SCHEDULE OF COMPETITION

| DATE | SESSION | CLASS | AGE | WEIGH IN | LIFT |
|-----------------------|---------|-----------------|--------------|----------|----------|
| FRIDAY, APRIL 9 | 1 | Women-All | 50 & Older | 7:00 AM | 9:00 AM |
| | 2 | Men-All | 75 & Older | 9:30 AM | 11:30 AM |
| | 3 | Men-All | 70-74 (M70) | 12:00 PM | 2:00 PM |
| | 4 | Women-All | 49 & Younger | 2:00 PM | 4:00 PM |
| | 5 | Men- All | 65-69 (M65) | 4:00 PM | 6:00 PM |
| SATURDAY, APRIL 10 | 6 | Men- All | 60-64 (M60) | 7:00 AM | 9:00 AM |
| | 7 | Men- All | 55-59 (M55) | 9:30 AM | 11:30 AM |
| | 8 | Men (56-85Kg) | 50-54 (M50) | 12:00 PM | 2:00 PM |
| SUNDAY, APRIL 11 | 9 | Men (94-105+Kg) | 50-54 (M50) | 7:00 AM | 9:00 AM |
| | 10 | Men- All | 45-49 (M45) | 9:00 AM | 11:00 PM |
| | 11 | Men- All | 40-44 (M40) | 11:00 PM | 1:00 PM |
| | 12 | Men- All | 35-39 (M35) | 1:00 PM | 3:00 PM |

NOTES:

1. Daily time schedules are subject to change at the Technical Conference.
2. No class changes between days will be made.
3. 15Kg bar will be used for Women's Sessions.
4. Women's bar with 2.5 KG plates will be used for men lifting 20 – 24 KG.

Entry form approved by: Howard Cohen, National Chairman
 Joe Triolo, Meet Director

Date: 11/20/2009 Month/Day/Year

OFFICIAL ENTRY FORM

2010 NATIONAL MASTERS WEIGHTLIFTING CHAMPIONSHIPS

April 9 - 11, 2010

RETURN ENTRY TO: **Joe Triolo**

104 North Henry Street

Brooklyn, NY 11222

Tel: 718-751-6731 – Email: JOET111@JUNO.COM

ENTRY FEES:

Individual: \$40.00

Team: \$40.00

Make all checks payable to Joe Triolo

ENTRY DEADLINE: **NO ENTRIES POSTMARKED AFTER MARCH 20th WILL BE ACCEPTED
NO EXCEPTIONS -- NO REFUNDS -- NO INCOMPLETE ENTRIES ACCEPTED.**

Please enter me in the 2010 USAW national Men's & Women's Masters Weightlifting Championships to be held on April 9 – April 11, 2010 at the Lost Battalion Hall. I certify that I am an amateur in good standing. In consideration of my entry in the competition, I do hereby waive and release the IWF Masters, USAW Masters, USA Weightlifting and its Metropolitan LWC, Local Organizing Committee, Lost Battalion Hall Weightlifting Team, NYC Department of Parks and Recreation, its directors, officers and agents, the meet directors, competition personnel, volunteers, otherwise listed as the organizers, and all other related parties from any and all actions, liability, claim, and demands of every kind and nature that I or my heirs or personal representatives may have for bodily injury, for expenses of medical treatment, hospitalization and other costs, damages or losses suffered or incurred by me in connection with my travel to and from the meet and my participation in the competition and related activities: except that the foregoing waiver and release shall not apply to injuries, damages and loss resulting from the gross negligence or intentional misconduct of the IWF Masters, USAW Masters, USA Weightlifting or its Metropolitan LWC for bodily injuries or medical expenses covered by accidental death, dismemberment and/or loss of sight and medical reimbursement insurance policies maintained by USA Weightlifting.

I agree to be filmed and photographed under conditions approved and authorized by the IWF Masters, USAW Masters, USA Weightlifting and its Metropolitan and LWC, Lost Battalion Hall Weightlifting Team and its members 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 the IWF Masters, USAW Masters, USA Weightlifting and its Metropolitan LWC, NYC Department of Parks and Recreation and the Lost Battalion Hall Weightlifting Team and its members 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 the IWF Masters, USAW Masters, USA Weightlifting and its Metropolitan LWC, its sponsors and advertisers, and the sport of Olympic Weightlifting, and to fund the activities of the IWF Masters and my American Masters Program.

I agree that the Organizers 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 IWF Masters, USAW Masters, USA Weightlifting and its Metropolitan LWC, and its agents (including competition personnel and volunteers) to make decisions for me as though they stood in a relationship to me of parent, guardian, or next of kin should circumstances require the aforementioned to make judgments and provide that my next of kin cannot be timely and/or conveniently contacted to participate in the making of such judgments.

PAGES 5 & 6 MUST BE COMPLETED AND SUBMITTED

I hereby release and agree to hold the Organizers harmless from all expenses, causes of action, liability, claims and demands arising from good faith judgments made by the Organizers concerning my treatment, hospitalization and medical care in the event of my illness, injury or other emergency circumstances in connection with the competition.

I agree that I will be financially responsible for treatment, hospitalization and other medical care received by me in the event of my illness, injury or other emergency circumstances in connection with the competition, except to the extent of my injuries and medical expenses, if any, are covered by accidental death, dismemberment, loss of sight, and medical reimbursement insurance policies: 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.

PLEASE TYPE OR PRINT ALL INFORMATION CLEARLY

WEIGHT CLASS (enter only one): _____ AGE GROUP: _____

MALE: _____ FEMALE: _____ AGE: as of 12/31/2010: _____ DATE OF BIRTH: _____

NAME _____ 2010 USAW REG #: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: (_____) _____ EMAIL ADDRESS: _____

USAW CLUB AFFILIATION: _____

YOUR COACH (if any): _____ ARE YOU A REFERREE? _____

REFEREE QUALIFICATIONS: _____

BEST LIFTS IN THIS AGE GROUP & BODY WEIGHT: SN _____ C&J _____ TOTAL: _____

SIGNATURE: _____ DATE: _____

Notes:

1. Athlete must be a USAW Master registered athlete.
2. Most recently published IWF Masters Rules will apply.
3. This is the last qualifying meet for the 2010 Pan-American Masters Championships.

PAGES 5 & 6 MUST BE COMPLETED AND SUBMITTED

OFFICIAL ENTRY FORM FOR WOMEN'S TEAM

2010 NATIONAL MASTERS WEIGHTLIFTING CHAMPIONSHIPS

APRIL 9 – APRIL 11, 2010

Please enter the following women's team in the 2010 USA National Masters Championships. Enclosed is a check for **\$40.00** payable to **Joe Triolo**. Each athlete on this roster must submit an individual entry indicating that **SHE** represents this club. This *tentative* team roster must be submitted. **NOTE:** Team will consist of no more than seven (7) lifters, plus three (3) alternates. No more than two (2) lifters in any single Age/Weight Class. Team entries must be postmarked no later than March 20, 2010. Proof of mailing is required, please see page 1, "proof of entry." Final team rosters are due in the hands of the Competition Secretary no later than 7:30PM on April 8, 2010 at the Technical Conference.

OFFICIAL CLUB NAME: _____

2010 USAW CLUB #: _____

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

| | Name | Weight Class | Age Group | Total |
|----|-------|--------------|-----------|-------|
| 1. | _____ | _____ | _____ | _____ |
| 2. | _____ | _____ | _____ | _____ |
| 3. | _____ | _____ | _____ | _____ |
| 4. | _____ | _____ | _____ | _____ |
| 5. | _____ | _____ | _____ | _____ |
| 6. | _____ | _____ | _____ | _____ |
| 7. | _____ | _____ | _____ | _____ |

ALTERNATES

| | Name | Weight Class | Age Group | Total |
|----|-------|--------------|-----------|-------|
| 1. | _____ | _____ | _____ | _____ |
| 2. | _____ | _____ | _____ | _____ |
| 3. | _____ | _____ | _____ | _____ |

SIGNED BY CLUB OFFICIAL

SIGNATURE: _____ **DATE:** _____

OFFICIAL ENTRY FORM FOR MEN'S TEAM

2010 NATIONAL MASTERS WEIGHTLIFTING CHAMPIONSHIPS

April 9 – April 11, 2010

Please enter the following men's team in the 2010 USA National Masters Championships. Enclosed is a check for \$40.00 payable to **Joe Triolo**. Each athlete on this roster must submit an individual entry indicating that **HE** represents this club. This *tentative* team roster must be submitted. **NOTE:** Team will consist of no more than eight (8) lifters, plus three (3) alternates. No more than two (2) lifters in one Age/Weight Class. Team entries must be postmarked no later than March 20, 2010. Proof of mailing is required, please see page 1, "proof of entry." Final team rosters are due in the hands of the Competition Secretary no later than 7:30PM on April 8, 2010 at the Technical Conference.

OFFICIAL CLUB NAME: _____

2010 USAW CLUB #: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

| | Name | Weight Class | Age Group | Total |
|----|-------|--------------|-----------|-------|
| 1. | _____ | _____ | _____ | _____ |
| 2. | _____ | _____ | _____ | _____ |
| 3. | _____ | _____ | _____ | _____ |
| 4. | _____ | _____ | _____ | _____ |
| 5. | _____ | _____ | _____ | _____ |
| 6. | _____ | _____ | _____ | _____ |
| 7. | _____ | _____ | _____ | _____ |
| 8. | _____ | _____ | _____ | _____ |

ALTERNATES

| | Name | Weight Class | Age Group | Total |
|----|-------|--------------|-----------|-------|
| 1. | _____ | _____ | _____ | _____ |
| 2. | _____ | _____ | _____ | _____ |
| 3. | _____ | _____ | _____ | _____ |

SIGNED BY CLUB OFFICIAL

SIGNATURE: _____ DATE: _____

Hotel and Travel Information

Airline Information: All major airlines fly into NYC airports. LaGuardia Airport is the closest airport and about a 10-minute drive to the hotel; JFK airport is about 20 minute drive. Please book your airline reservations, online, through your own travel agent, or directly with airline.

Airport Transportation: Car rentals are available at the airport. Avis (1-800-831-2847), Budget (1-800-527-0700), American (1-800-CAR-RENT), Hertz (1-800-654-2210) and other Car Rental Companies. There are taxis and public transportation that you can take to the hotel.

Competition Hotel: **Pan American Hotel**
 79-00 Queens Blvd
 Elmhurst, NY 11373

Website: www.panamhotel.com

Toll Free Reservations: 1-800-937-7374

Tel: 718-446-7676 — FAX: 718-446-7991

Rate: \$89.00 + Tax

Reserve your room early to get this rate. After the reserved rooms are booked, the price per night will be \$ 109.00 + Tax. Make sure you tell the hotel operator that you are with the Masters Weightlifting Group in order to get the special rate.

The Pan American Hotel is within 15 minutes walking distance to the Lost Battalion Hall and convenient to Manhattan and all major points of interest in New York City. Shuttle bus Service will be provided to and from the competition hotel and the Lost Battalion Hall. Additionally, each room registrant gets a free pass to Bally's Fitness Gym, a short walk away. Bally's has a sauna.

Overflow Hotels: Please see next page.

Overflow Hotels:

1. Boulevard Motor Inn (718) 457-1400 is within walking distance of the Pan Am and has rooms for \$110.00 (plus tax) but does not accept reservations.

2. Howard Johnson's (718) 426-6200 is a bit farther away but they do accept reservations. The room rate is \$119.00 (plus tax).

Transportation to/from Airport: There is courtesy bus service from the Pan American Hotel to both LaGuardia and JFK Airports. However, you must rent a car or take a taxi/train/bus to the Pan American Hotel from the Airports. LaGuardia is approximately 10 minutes from the hotel by car/taxi. JFK is approximately 20 minutes from hotel by car/taxi.

BANQUET ORDER FORM

BANQUET will be Saturday, April 10, 2010, 7:30 PM, at Lost Battalion Hall. Cost is \$35.00. Please indicate if you are attending by completing the bottom of this page and returning it with your Entry Form.

BANQUET ATTENDANCE RESPONSE FORM

(Please attach with Entry Form)

\$35.00 per person - MAKE CHECK PAYABLE TO JOE TRIOLO

PLEASE WRITE NAMES OF ALL ATTENDING: Please check one: Banquet ____

1. _____
2. _____
3. _____
4. _____