Dear Masters,

The Masters are increasing in numbers. Many new faces and a lot of the older ones are still active. Many new things will take place. New weight classes and they will be in this newsletter on another page. Local meets will no longer meet the requirements to enter an international event. Records will only be allowed if you are a registered master with the federation.

The World Masters are now going on in Spain. The results will be in this newsletter. The 2019 World Masters will be held in Canada.

**Debbie Millet** will host the 2018 American Masters in Salt Lake City in November. The entry forms will go out soon. Large numbers are expected, so send yours in as soon as possible. Debbie has held some very large meets and I feel sure that she will do a great job with this event.

To run a Master's meet, it requires a large number of people to handle the required spots. Many thanks to those who sign up for these spots.

Train Hard, but Smart

Howard Cohen
### JULY
- CHANDLER, ROBERT ........................................ 7/2/45
- DAHL, ELSA .................................................. 7/28/35
- FOREMAN, MATT ............................................. 7/2/72
- HARADA, MICHAEL ........................................... 7/6/57
- HUSSEY, DIANE ............................................... 7/26/49
- LEABCH, RUSSELL ........................................... 7/10/43
- MALLOY, JAMES ............................................... 7/7/41
- MELTZER, DAVID ............................................. 7/12/51
- NICHOLSON, BILL ............................................ 7/7/52
- PAPPAS, WAYNE .............................................. 7/14/59
- PORTER, TERRY ............................................... 7/1/57
- THOMPSON, ED ............................................... 7/6/31

### AUGUST
- CHEN, PAUL ................................................... 8/3
- BOYER, BARBARA ............................................ 8/19/43
- CARLETON, PETER .......................................... 8/24/38
- CLARK, BILL .................................................. 8/18/32
- COCHRAN, HARRY ........................................... 8/12/55
- ODER, RICHARD .............................................. 8/11/54
- PEREDA, ROBERT ............................................ 8/12/41
- PEARCE, WILLIM ............................................. 8/18/38
- SIMONTON, LES ............................................... 8/3/58
- SPIEGELBERG, B .............................................. 8/20/35
- WAUGH, BILL ................................................... 8/27/39
BOLTON, William O. Jr. "Bill"

83, passed away on July 5, 2018. Bill was a life-long resident of St. Petersburg and it is with great sadness that his family announces his passing. He was born November 21, 1934 in St. Petersburg, Florida to Elizabeth Calarde Bolton "Etty" and William Oakley Bolton Sr. He graduated from St. Petersburg High School where he lettered in football, basketball, and track, receiving All State Honors in football and track. Bill received a football scholarship to the University of Florida where he played all four years on both offense and defense, was Honorable mention All American, and played in the Blue-Grey football classic in Montgomery, AL in 1957. He had the opportunity to play professionally with the Chicago Cardinals, but decided not to due to a knee injury.

After graduating from UF Bill taught science at Madeira Beach Middle School, but later decided to attend dental school and received his DDS degree from the University of Tennessee. He practiced general dentistry in St. Petersburg for approximately 40 years and was affectionately known as "Doc" to his patients and friends.

Bill served on the board of the St. Petersburg YMCA and was a member for decades. He was religious about working out three times a week, weight training and Olympic lifting. He loved competing and became a world champion...
Coach JOE MILLS Sayings - #2

"JUMP UP AND JUMP DOWN"

Denis: Here is the second article on sayings of Joe Mills. By Jim DeCoste

"JUMP UP AND JUMP DOWN"

When the bar passes the knees it’s time for the second and third pull. Joe Mills didn’t like these terms. He thought that if terms like first, second and third pulls were over internalized, the lifter would tend to compartmentalize the lift and lift in sections. He taught that the lift should be seen as a whole. He would say that you can’t think and lift at the same time. “Just lift the damn thing.” He would tell us.

So what to do after the bar passes the knees? “Jump up and jump down.” What we call the explosion phase is the “jump up.” The pull under is the “jump down.” It goes without saying that speed is critical here. The quicker the transition from jumping up to jumping down the more weight lifted.

Joe wasn’t a fan of the so called Asian shuffle where the lifter barely separates the feet from the floor during the jump down. Joe taught that a jump up is actually embedded in the descent under the weight. By this he meant that during the pull under the lifter quickly lifted her feet off the ground and quickly slapped them down during the final catch. In a similar vein, Tommy Kono wanted the jump down to be forceful enough to produce a cloud of chalk dust around the feet as they hit the platform. As suggested above, increased speed during the “jump down” adds more vertical force to the equation.

Bud Charniga cites an interesting study by the famous Russian researcher, Robert Roman, that has applications to this discussion. Roman’s research looked into the differences in height of the barbell when comparing a max snatch attempt with a high pull with that same weight. It turned out that the height of the snatch pull averaged 9cm lower than the snatch. Lacking the added force from the “jump down” the pull cannot reach the height of the actual snatch.

Speculative digression: Back in the 1930s it was determined that Ibrahim Shames of Egypt had the fastest movements of any athlete in the ’36 Olympics. Assumedly the portion of the lift measured was the movement into the split position (Shams used the split in both the snatch and the clean). Shams himself presented a rather spindly appearance at 5’9” and 65kg bodyweight. But he lifted big weights—very big weights. His 153.5 c&j stood for 18 years. At the time of this lift the heavyweight record stood at 167.5. In today’s context imagine a 65 kg lifter doing 91% of say, the world record in the 105 kg class. That would come out to 224kg!

What advantage did Shams’ speed give him? Obviously the first thing to come to mind is the ability to get under the bar quickly. But guys like Robert Roman would tell us not to overlook the demonstrable fact that Shams’ exceptionally fast split added much force to the vertical trajectory equation. Simply put, fast pull unders make the bar go higher. In describing the time interval between the “jump up and jump down", Joe’s favorite word was “instantaneous”.

As an interesting aside, the Egyptians during Shams’ time did not squat heavy. They did high rep squats with not much more than bodyweight. The idea was to do them as fast as possible.

Some ideas on improving pull under speed: Snatches and cleans from the top of the thighs emphasizing speed over weight. High box jumps- here you quickly learn that the faster you pull up your legs the higher you jump.

Jim De Coste
## 2019 Men’s National Master Qualifying Totals

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## Women’s National Master Qualifying Totals

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Howard Cohen
AMERICAN MASTERS
WEIGHTLIFTING COMPETITION

An Eleiko Event hosted by Praxis Weightlifting

COMPETITION VENUE: Calvin L. Rampton Salt Palace Convention Center,
100 S W Temple, SLC UT, 84101

ENTRY FEES:

EARLY ENTRY DEADLINE: 15 September 2018 (No qualifying total required for this event)
Individual Early Entry $104 includes $25 mandatory drug testing fee and online registration fee.

LATE ENTRY DEADLINE: 15 October 2018
Individual entries after 15 September and through 15 October 2018 $130 includes $25 mandatory
drug testing fee and online registration fee.

You will have an option to add on a competition shirt for $25. T-shirt color and style changes can
be made at the GAMEDAY vendor booth for a price upgrade (yes, including glitter)

Both the Barbells Elevated and the Howard Cohen American Masters logos will be available on t-
shirt design.

DATE OF COMPETITION: November 1-4

USAW MEMBERSHIP:

USAW Membership (Master athlete) is required for all US citizens. Please make sure your
membership is valid through the end of the competition (5 November 2018). USAW number and
expiration date are required in order to register. Athletes are required to be registered with USAW
as MASTERS athletes.

Non-US citizens may register without USAW membership and will be subject to all IWF
competition regulations including drug testing by USADA.
TECHNICAL MEETING:
The technical meeting will be held Wednesday 31 October at 7:00 PM at the Radisson Hotel.
Verification of entries (changing weight classes) will take place at 6:30 PM.

COMPETITION SCHEDULE AND START LIST:
Competition will take place on Thursday, Friday, Saturday, and Sunday 1-4 November 2018. A
tentative lifting schedule will be determined one week after the entry deadline of 15 September
2018. The final lifting schedule will be set at the final verification of entries, Wednesday 31
October. The expectation is that the oldest lifters will compete on Thursday, and the youngest men
will lift last on Sunday. The remaining entries will be divided to balance the number and size of
sessions throughout the weekend.

WEIGHT CATEGORIES AND DIVISIONS:
Masters age divisions will apply 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79,
80-84, 85-89, 90+

IWF weight class categories recognized as of November 1, 2018 will apply. It is anticipated that
new weight classes will be announced by the IWF in the summer of 2018. Until new weight classes
are announced, you will be prompted to register in the familiar weight classes. Once the new
weight classes are announced, registered athletes will automatically be bumped UP to the nearest
weight class of the one they registered under. Athletes will be alerted by email and be allowed to
submit an email declaration of a different weight class than the automatic increase, if desired. As
always, weight class changes may be made at the Verification of Entries meeting prior to the event
(see Weight Category Change below). Updates will be posted here and on the USAW and IWF
websites.

UPDATE AUG 10: IWF bodyweight categories have been applied. If you registered prior to
August, you have been automatically bumped UP to the nearest weight class. If you would like
to change your weight class, please email praxisweightlifting@gmail.com and we will happily
make that change for you.

WEIGHT CATEGORY CHANGE:
Please note that according to USAW Masters rules, an athlete may increase or decrease his/her
body weight category at the Verification of Entries meeting (before the Technical Meeting). After
the technical meeting an athlete may increase, but may not decrease his/her body weight category.
The athlete must notify the Competition Secretary and report to the weigh-in of the original weight
category to confirm the change to a heavier category. If there are any questions about this ruling
please contact your National Master’s Chairman, Howard Cohen.
HOWARD COHEN AMERICAN MASTERS

RECORDS:
Records set at the HOWARD COHEN AMERICAN MASTERS are "meet records", meaning they can only be set at this annual event. With new IWF weight class categories, it is expected that all highest totals at this event will be recorded as Howard Cohen American Masters meet records. (Note: Meet records are specific an event and are not National Records)

DRUG TESTING AND DOPING CONTROL:
Pursuant to the rules of USA Masters Weightlifting, championships are a drug-tested event. The US Anti-Doping Agency (USADA) will be under contract to handle all testing-related procedures. The number of tests administered will depend on the number of entries received for the championships. Of each entry received, $25 is allocated to the contracted costs with USADA.

AWARDS:
Medals will be presented to first, second, and third place for totals only.
-Best Lifter for each age group, male and female
-Grand Master award for male and female
-Team awards for first, second and third place, male and female

WEIGH-INS:
All official weigh-ins will take place at the weigh-in office at the competition venue. There will be a check scale at the competition hotel Radisson, adjacent to the venue.

CONTACT:
Debbie Millet, Meet Director; praxisweightlifting@gmail.com (801) 440-7699

QUALIFYING TOTALS: There are no qualifying totals for this meet.
OFFICIAL VENUE HOTEL:
Radisson SLC Downtown; $129/night (deadline for discount Oct 1, 2018)
215 W. South Temple, SLC, UT 84101; (800) 333-3333 ask for “2018 American Masters Championships preferred rate”

Sauna, hot tub, directly adjacent to venue, in-room refrigerator, adjacent to Trax light rail which runs direct to airport $2.50 and offers free access to downtown, $10 daily parking fee.

ALTERNATE CONTRACTED HOTELS:
• Hyatt House; $134/night (deadline for discount Oct 1, 2018)
140 S. 300 W. SLC, UT 84101; (801) 359-4020 “Masters Weightlifting 2018 rate”

Complimentary internet, in-room refrigerator and microwave (can upgrade to kitchenette), complimentary breakfast, $10 daily parking fee, 1.5 blocks to venue, 2 blocks to Trax $2.50 light rail to airport, NO SAUNA

• Marriott Courtyard; $134/night (deadline for discount Oct 1, 2018)
345 W. 100 S. SLC, UT 84101; (385) 290-6500 “Masters Weightlifting 2018 rate”

Sauna, hot tub, complimentary internet, in-room refrigerator and microwave, $10 daily parking fee, 1.5 blocks to venue, .2 blocks to Trax light rail
AMERICAN MASTERS INDIVIDUAL ENTRY FORM

LAST NAME:______________________________________
FIRST NAME:______________________________________ MALE/FEMALE
(CIRCLE: ONE)
STREET ADDRESS:______________________________________
CITY:______________________________________ ZIP CODE:________
TELEPHONE:______________________________________
(HOME)
______________________________________ /
(EMERGENCY) ______________________ (CELL)
EMAIL:______________________________________
DOB: __________ / __________ / __________ AGE AT 31ST OF DEC 2018:
(MONTH) (DAY) (YEAR)
USAW #______________________________________ EXPIRATION DATE: __________ / __________ / __________
(MONTH) (DAY) (YEAR)
ANNOUNCED ENTRY TOTAL __________(KG) WT. CLASS: __________ (KG)
REFFEREE STATUS: IWF CATEGORY I _______ IWF CATEGORY II _______
(YES/NO) (YES/NO)
ARE YOU WILLING TO SERVE AS A REFFEREE: _______
(YES/NO)

At the time of weigh-in, each lifter must present to the Competition Secretary the following documents. Driver's license, passport, birth certificate, or government ID showing front face and their date of birth. Lifters who do not show documentation to the Competition Secretary at the time of their weigh-in agree that they will only participate as Extra Lifters in the competition.
Individual Official Entry Form Please clearly TYPE or PRINT all information

Please enter me in the________kilogram class________ age group________ male________ female of the 2016 American Masters Weightlifting Championships at WEST SENeca EAST SENIOR HS. In consideration of my entry in this competition, I do hereby waive, and release the IWF Masters, USAW Masters, USA Weightlifting, Praxis weightlifting, Inc., their officers, and agents, the meet director, competition personnel, volunteers, 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.

I agree that the IWF Masters, USAW Masters, USA Weightlifting, Praxis Weightlifting, Inc., and their agents (including competition personnel and volunteers) may make judgments with appropriate input from available medical personnel as to my treatment, hospitalization or other medical care in the event of any 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, Praxis WL, Inc., 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. I hereby, release and agree to hold the IWF Masters, USAW Masters, USA Weightlifting, Praxis WL, Inc., and their agents (including personnel and volunteers) harmless for all expenses, causes of action, liability, claims, and demands arising from good faith judgments made by the aforementioned concerning my treatment, hospitalization and medical care in the event of my illness, injury and/or other emergency circumstances in connection with the competition.

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

I agree to be filmed and photographed under conditions approved and authorized by the IWF Masters, USAW Masters, USA Weightlifting to include the use of my name, biological information, public appearances, interviews, photographs, portraits, motion pictures and television recordings of my Weightlifting performances and grand to the IWF Masters, USAW Masters, USA Weightlifting and its right to record and make sure 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 its sponsors, advertisers, and the sport of Olympic Weightlifting and to fund the activities of the IWF Masters and my National Masters Program.

Furthermore, I declare that I agree to the contents of the IWF Masters Rule Book, pursuant to its latest revision at the time of the competition and, in particular to Section 15 that states, "The IWF Masters and drug abuse. 15.1 The IWF Masters recognizes the right of any member country to conduct tests on any lifter selected for drug testing at an IWF Masters organized event or at any other time. 15.16 Lifter must sign the entry form that the IWF Masters organized event or at any other time. 15.16 Lifter must sign form that the IWF Masters has permission to test for control drugs." Drug testing will be strictly enforced. Anyone using performance enhancing substances is not welcome at these championships.

SIGNATURE:____________________

DATE ______/_____/______

(MONTH) (DAY) (YEAR)

IWF-MASTERS RULE. Lifters cannot do the clean jerk after three failures in snatch.

Having read and understood all of the above stated provisions, I, hereby, submit my Entry Form.
2019 PAN AMERICAN MASTERS WEIGHTLIFTING CHAMPIONSHIPS
REGISTERED FOR IWF-MASTERS DRUG TESTING
MAY 30-JUNE 2, 2019
Wyndham Resort International Drive
Orlando, Florida, USA

Competition Director        Michael Cohen  cohenweightlifting@aol.com (912-663-5833)
Assistant Meet Director     Kathy Cromwell  Kcromw418@gmail.com
Secretary of Competition    Les Simonton   lsimonton@bellsouth.net

Athletes: Please register online at: www.2019panammasterswl.eventbrite.com
If mailing entry in, please send postmarked no later than April 27, 2019 (No late entries accepted). Entries can be mailed to Michael Cohen, 7232 Varndoe Drive, Savannah, GA 31406.
** Entry fees are not refundable **

Registration fees per lifter $125.00 US (online before 4/5/19)
Late registration fees per lifter $140.00 US (online before 4/27/19)
Registration fees per team $70.00 US (by Country Chair only)

Proof of Entry: In the event of a dispute regarding the timely submission of the Entry Form, all lifters must have proof of having mailed the Entry Form. To ensure evidence of timely submission, you are encouraged to mail the entry form by Certified Mail and Return Receipt Requested or hand-in to your Chairman in person.

Eligibility: All master lifters properly registered with their respective National Masters Program who are at least 35 years of age on or before December 31, 2019. Participants must show proof of age and of current registration in their respective National Weightlifting Federation at the time of weigh-in Age Groups.

Venue: Wyndham Resort, 8001 International Drive, Orlando, Florida

Qualification Period – From June 14, 2018 to April 7, 2019.

USA athletes MUST have qualified at a National (or International) event – this includes 2018 American Masters, 2019 National Masters, 2018 American Open (or Series 2 or 3), 2018 Pan Am Masters, 2018 World Masters. Local competitions will NOT count as a qualifier for USA athletes.
Groups

Men  M35-39 M40-44 M45-49 M50-54 M55-59 M60-64
     M65-69 M70-74 M75-79 M80  M85+
Women W35-39 W40-44 W45-49 W50-54 W55-59 W60-64
     W65-69 W70  W75  W80+

Qualifying Totals For Men
(Minimum start weight in snatch and clean & jerk is 26 kg)

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At the 2019 Pan American Masters Men Weightlifting Championship, no one will be allowed to start in the competition unless his first attempt Snatch plus his first attempt Clean and Jerk equals or is greater than a total 20 kilograms below the Qualifying Standards.
2019 PAN AMERICAN MASTERS WEIGHTLIFTING CHAMPIONSHIPS
REGISTERED FOR IWF-MASTERS DRUG TESTING
MAY 30-JUNE 2, 2019
Wyndham Resort International Drive
Orlando, Florida, USA

Qualifying Totals For Women
(Minimum start weight in snatch and clean & jerk is 21 kg)

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The total weight of the starting attempts declared and actually taken in the Snatch and the Clean & Jerk must equal or exceed the weight of the verified Entry Total minus twenty (20) kg. The athlete will be excluded from the competition if this rule is not adhered to. The above rule is commonly referred to as the “20 kg Rule.”
2019 PAN AMERICAN MASTERS WEIGHTLIFTING CHAMPIONSHIPS
REGISTERED FOR IWF-MASTERS DRUG TESTING
MAY 30-June 2, 2019
Wyndham Resort International Drive
Orlando, Florida, USA

PRELIMINARY COMPETITION SCHEDULE
⇒ Announced After close of entries ⇐

VERIFICATION OF ENTRIES
The verification meeting will be held Wednesday, May 29th at the Competition Venue. The meeting will take place at 6:30 PM, after the Pan Am general meeting.

TECHNICAL MEETING
The technical meeting will be held Wednesday, May 29th at the Competition Venue. The meeting will take place at 7:00 PM, after the verification of entries meeting.

OPENING CEREMONIES
Opening ceremonies are currently scheduled for 9:00am on Thursday morning, May 30th.

COMPETITION: Schedule and Start List
Competition will take place on Thursday, Friday, Saturday, and Sunday May 30th through June 2nd at the Competition Venue. Start list and schedule will be available after all entries are in.
Individual Official Entry Form
Please clearly TYPE or PRINT all information

Please enter me in the ____ kilogram class ____ age group ____ male ____ female of the 2019 Pan American Masters Weightlifting Championships. In consideration of my entry in this competition, I do hereby waive, and release the IWF Masters, Pan American Masters, USA Masters Weightlifting, USA Masters Weightlifting officers, and agents, the meet director, competition personnel, volunteers, 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.

I agree that the IWF Masters, Pan American Masters, USA Masters Weightlifting, USA Masters Weightlifting and their agents (including competition personnel and volunteers) 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, Pan American Masters, USA Masters Weightlifting, USA Masters Weightlifting 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. I hereby, release, and agree to hold the IWF Masters, Pan American Masters, USA Masters Weightlifting, USA Masters Weightlifting and their agents (including personnel and volunteers) harmless for all expenses, causes of action, liability, claims, and demands arising from good faith judgments made by the aforementioned concerning my treatment, hospitalization and medical care in the event of my illness, injury and/or other emergency circumstances in connection with the competition.

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

I agree to be filmed and photographed under conditions approved and authorized by the IWF Masters, Pan American Masters, USA Masters Weightlifting, USA Masters Weightlifting to include the use of my name, biological information, public appearances, interviews, photographs, portraits, motion pictures and television recordings of my Weightlifting performances and grand to the IWF Masters, Pan American Masters, USA Masters Weightlifting, USA Masters Weightlifting and its right to record and make sure 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, Pan American Masters, USA Masters Weightlifting, USA Masters Weightlifting its sponsors, advertisers, and the sport of Olympic Weightlifting and to fund the activities of the IWF Masters and my National Masters Program. Furthermore, I declare that I agree to the contents of the IWF Masters Rule Book, pursuant to its latest revision at the time of his competition and, in particular to Section 15 that states, "The IWF Masters and drug abuse. 15.1 The IWF Masters recognizes the right of any member country to conduct tests on any lifter selected for drug testing at an IWF Masters organized event or at any other time. 15.10 Lifter must sign the entry form that the IWF Masters organized event or at any other time. 15.16 Lifter must sign form that the IWF Masters has permission to test for control drugs." Drug testing will be strictly enforced. Anyone using performance enhancing substances is not welcome at these championships.
2019 PAN AMERICAN MASTERS WEIGHTLIFTING CHAMPIONSHIPS
REGISTERED FOR IWF-MASTERS DRUG TESTING
MAY 30-JUNE 2, 2019
Wyndham Resort International Drive
Orlando, Florida, USA

Last (family) Name ____________________________________________

First (given) Name ___________________________________________

Street Address _______________________________________________

City/Town_____________________________________________Country____________________

Postal Code _____________________________________________

Telephone ________________________________________________
(Work) (Home) (Emergency)

E-Mail address (Please print legibly) ________________________________

Date of Birth_____________Day________Month_________Year_______

Age at 31st of December 2019 ____________________________

Best total between June 14 2018 and April 7 2019____kg. Bodyweight___________kg

Name and date of Meet __________________________________________

Qualifying Total for my age group and bodyweight category_______________kg

REFEREE STATUS ( ) IWF Category I ( ) IWF Category II

Are you willing to serve as a referee? ( ) Yes ( ) No

At the time of weigh-in, each lifter must present to the Competition Secretary the following documents,
Driver's license, passport, birth certificate, or government ID showing front face and their date of
birth. Lifters who do not show documentation to the Competition Secretary at the time of their weigh-in
agree that they will only participate as Extra Lifters in the competition.

IWF-MASTERS RULE. Lifters cannot do the clean jerk after three failures in snatch.

Having read and understood all of the above stated provisions, I hereby submit my Entry Form.

Signature________________________________________Date____________

Please return pages 5 and 6 with required entry fees.
2019 PAN AMERICAN MASTERS WEIGHTLIFTING CHAMPIONSHIPS
REGISTERED FOR IWF-MASTERS DRUG TESTING
May 30-June 2, 2019
Orlando, FL, USA

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Verification of Entries: May 29th, 2019 at 6:30 PM (at the venue).
Technical Conference: May 29th, 2019 at 7 PM.

Hotel venue: WYNDHAM ORLANDO RESORT
8001 International Drive
Orlando, FL 32819

Competition Venue: Wyndham Orlando Resort

Weight Category Change: Please note that according to IWF Masters rules, at the verification of entries meeting an athlete may drop his or her weight class that was registered in their entry form. A lifter may increase or decrease his/her weight class at this meeting. You may increase your weight class after the technical meeting, but you must notify the Competition Secretary and report to the lower weight class to weigh-in to change upward. If there are any questions about this ruling please contact your National Master's Chairman.

At the Technical Conference National Chairman will be required to submit to the Meet Director a Team Competition Entry Form and Team Entry Fee of $75.00 USD each for men and women.

Competition Dates: May 30, May 31, June 1, June 2, 2019

Awards: Medals will be presented to first, second, and third for snatch, clean and jerk and total (new this year).
Best Lifter for each age group (male and female).
Grand Master award for male and female.
Team Awards for first, second, and third (male and female).

Training: All lifters may train at the competition venue.

Medals: Will be presented after the snatch of the next session (except for the last session of each date).

Weigh-In: All weigh-ins will take place at the weigh-in office at the competition venue.

Scale: There will be a check scale at the competition hotel.
2019 PAN AMERICAN MASTERS WEIGHTLIFTING CHAMPIONSHIPS
REGISTERED FOR IWF-MASTERS DRUG TESTING
May 30-June 2, 2019
Orlando, FL, USA

ADDITIONAL INFORMATION:

Competition Hotel: Wyndham Orlando Resort

Attendees can make their own reservations directly with our reservation office at phone number: 1-800-421-7001. It is very important that each person identify themselves as part of the Pan American Masters Weightlifting Group to receive the group rates.

Reservation Cut off Date: April 24, 2019. Available on a first come, first serve basis

Web link: https://book.passkey.com/event/49753074/owner/204/home

Make your reservation early as the number of rooms available is Limited. (Please make sure you tell the hotel operator that you are with the Pan American weightlifting group.) The link above is a direct link for the Pan American Championships. The rate is $129.00 per night. No resort fee is added.

**Check in time is 4:00pm. Check out is 11:00am

**Free parking, free WiFi, free fitness center, free local and toll free calls, free shuttle to theme parks, 1 free trolley ride pass for 2 people per stay.

**Hotel is within walking distance of over 20 restaurants and attractions, including Longhorn, Red Robin, Chuy’s Mexican, Starbucks, Cold Stone, Fogo de Chao and more. Walgreens onsite as well.

**Men’s and Women’s sauna available free to guests.

**Hotel is 14 miles from Orlando airport. It is located midway between airport, downtown, and Walt Disney World.

**Taxi - $44, Uber - $18-$23, Lyft - $17-$20

**Area theme parks – Sea World, Disney parks, Universal, Busch Gardens, Water parks, and more.
2019 PAN AMERICAN MASTERS WEIGHTLIFTING CHAMPIONSHIPS
REGISTERED FOR IWF-MASTERS DRUG TESTING
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Orlando, FL, USA

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DESCRIPTION

With a stay at Wyndham Orlando Resort International Drive in Orlando (Sand Lake), you'll be within a 15-minute walk of Ripley's Believe It or Not and Coca-Cola Orlando Elyc. This family-friendly resort is 0.9 mi (1.5 km) from Universal's Volcano Bay™ and 0.9 mi (1.5 km) from I-Drive 360. Make yourself at home in one of the 613 air-conditioned rooms featuring refrigerators and iPod docking stations. Dip into one of the 2 outdoor swimming pools or enjoy other recreational amenities including an attached winery and a 24-hour health club. Additional amenities at this resort include complimentary wireless Internet access, concierge services, and wedding services. If you're planning a day at a nearby theme park, you can hop on the complimentary shuttle. Grab a bite at Lobby Bar, one of the resort's 2 restaurants, or stay in and take advantage of the room service (during limited hours). Snacks are also available at the coffee shop/café. Relax with a refreshing drink from the poolside bar or one of the 2 bars/lounges. Buffet breakfasts are available daily from 6:30 AM to 10:30 AM for a fee. Free self parking is available onsite.

Airport: Orlando International Airport

Airport Shuttle: There are no free shuttles. Company taxis and car rental available. The travel time from airport to hotel is 14 miles. Taxi ($44), Uber ($18-$23), Lyft ($17-$20)

Rental Cars: Available at airport
From Barcelona
Howard Cohen with Barbara Boyer. Barber has passed away but will always be remembered. She was a fine lady and a champion weight lifter.
CHUCK VINCE, won the Olympic Gold in 1956 and did it another time. Sad news, Chuck has passed away – our thoughts and prayers go out to his family. Chuck and his wife had eight children.

ROME REPORT

XVII OLYMPIAD

BY BOB HOFFMAN
U.S. Olympic Weightlifting Coach

As the “Olympic Scoreheet” published in last month’s issue showed, the final results in weightlifting were five victories for the Russians, one for the Polish team, and one for the U.S. Actually we came back with one first, four seconds, a third, and a fourth. Our score was 34, the Russians, 49, if Isaac Berger and Tommy Kono had made two or three ounces instead of just one each, they could have been gold medal winners, and the team score would have been 38 for the U.S. and 56 for the U.S.S.R. The fact remains, however, that the Russians won and we were second.

Clarence Johnson Elected

Our first victory in Rome did not come on the lifting platform. It took place at the meeting of the International Weightlifting Federation when Clarence Johnson, our national chairman, was elected President of the Federation, defeating the incumbent, Bruno Nyberg of Finland, who had succeeded the late Dietrich Wartmann when the latter, the first American to hold this important post, died just two months after taking office in 1952. The voting tally was 27 for Johnson, 21 for Nyberg, and 4 for Valente of Italy, the third candidate. All of the Communist countries and their fellow travelers were for Nyberg. Clarence Johnson received his support largely from the Asian Federation, the British Empire, the Arab League, and the Pan American group, although this latter group representatives of the West Indies Federation, British Guiana, Haiti, and Cuba failed to come to...
“GUESS WHO”

LAST ISSUE’S GUESS WHO

BRUCE WILHELM