

2014 USA WEIGHTLIFTING AMERICAN OPEN CHAMPIONSHIPS

GENERAL INFORMATION, ENTRY FORM & PARTICIPATION CONTRACT (DOMESTIC)

WASHINGTON, DC, USA – DECEMBER 11-14, 2014

VENUE:

The Washington Hilton
1919 Connecticut Avenue NW, Washington, DC, 20009
https://resweb.passkey.com/go/usaweightinglifting2014

HOTEL:

The Washington Hilton
1919 Connecticut Avenue NW
Washington, DC, 20009
Book online at: https://resweb.passkey.com/go/usaweightinglifting2014
Call: 202-939-2363 (Be sure to mention USA Weightlifting to get the discounted rate, group code "USA")
\$119 Single or Double

Nearest Airports:

Ronald Reagan Washington National Airport (DCA) is approximately 7.9 miles from the Venue
 Washington Dulles International Airport (IAD) is approximately 28.1 miles from the Venue
 Baltimore/Washington International (BWI) is approximately 31.8 miles from the Venue

Airport Shuttle:

A free shuttle operates between Washington Dulles International (IAD) and the Hotel/Venue; please submit your travel information with your registration or to phil.andrews@usaweightinglifting.org if you book your travel later. Please note transportation arrangements will not be accepted after October 14th, 11:59pm Mountain Time.

The Washington, DC electric transit system operates from DCA to the DuPont Circle stop, approximately 1 block from the Hotel/Venue.

About our Host City:

<http://www.destinationdc.com>

Volunteer for this Event

volunteer@usaweightinglifting.org

Webcast:

The event will be webcast live at www.teamusa.org/usa-weightlifting/live
 If you wish to volunteer to commentate on the webcast please contact mediaservices@usaweightinglifting.org

Qualifying Period:

Thursday, October 5, 2013 to Sunday, **November 2, 2014**

Registration Deadline:

Tuesday, **November 4**, 11:59pm Mountain Time

Start List Published:

Thursday, **November 6**, 2014

Eligibility Standards:

In order to submit an entry, you must equal or exceed the totals below.
 However, equaling or exceeding these totals does not guarantee entry into the competition

Men		Women	
Weightclass	Qualification	Weightclass	Qualification
56kg	150kg	48kg	101kg
62kg	184kg	53kg	127kg
69kg	220kg	58kg	136kg
77kg	253kg	63kg	149kg
85kg	271kg	69kg	152kg
94kg	278kg	75kg	160kg
105kg	293kg	75+kg	166kg
105+kg	294kg		

1. We will accept registrations from (but not guarantee participation to) all athletes who made the AO qualifying totals published earlier this year. You may register online at <https://www.usaw.hangastar.com>

2. We will automatically declare as officially entered the athletes with the top 15 totals in each body weight category (if 15 or more athletes submitting applications make the qualifying total for that body weight category).
3. 30 slots (15 men, 15 women) will be allocated for athletes seeking to qualify for the Youth World Championships, who are not otherwise qualified for the American open, per ranked against the Youth World Championship qualification standards detailed below.
4. 10 slots (5 men, 5 women) will be allocated for athletes who are foreign nationals and are not USA Weightlifting members as of publication of this entry form.
5. For the remaining spots in this event, up to a total of 365 (including those described in 2 above) athletes will be ranked and declared as entered on the basis of the percentage by which their qualifying totals exceed the minimum standards in their respective bodyweight categories, described above. Within these 365 slots, 195 have been allocated to the men and 170 to the women, on the basis of there being 8 bodyweight categories for the men and 7 for the women.
6. Those athletes who submit an application but are not allocated one of the 405 total spots for this competition (inclusive of the Youth Trials) will have their entry fee refunded to them within 28 days of the close of entries. USA Weightlifting reserves the right to increase the slots if special circumstances determine it necessary (for example, where a tiebreak occurs.)

For example, if Sally Jones enters the 58 kg body weight category of the American Open with a total of 149 kg., her total is 111.11% of the qualifying total in her category. She would outrank Mary Powers, who has entered the 69 kg category with a total of 167 kg., since her total is 109.87% of the qualifying total in her category.

There will be a total of 365 spots awarded on this basis of criteria 5 above, 170 for the women and 195 for the men (the men having more slots because they have eight bodyweight categories versus seven for the women). In addition to the 365, there will be up to 30 slots available for athletes who cannot make the qualifying total for the AO, but who need to try out for an upcoming international event (e.g., athletes age 17 and under who might need to qualify for the Youth World Championship Team). Finally, 10 spots have been allocated for foreign athletes who are not USAW members as of today, but who will be members of the USAW by the day entries close and who have made the CN totals in USAW or international competitions during the qualifying period specified on the 2014 AO entry (AO has traditionally been open to USAW member athletes who are not citizens and such athletes will continue to be eligible, but the aforementioned 10 spots are reserved for foreign athletes who are not presently USAW members.). If either the number of trials athletes, or the foreign athletes who are not members as of the date this document is published, are not filled, those slots will be added to the pool for the athletes who are not ranked in the top 15 (if there are less than 15 entrants in a given bodyweight category, those spots will be added to the pool of available spots for that gender as well).

A weekly ranking list will be posted to the event page at www.usaweightlifting.org for both the American Open and Youth Trials areas so athlete remain up to date with their standings.

LOC: USA Weightlifting, Potomac Valley & Maryland LWC, USA Powerlifting, Destination DC, DC 2024.

Meet Director: Cara Heads & John Filippini

SANCTION NUMBER: 60-14-04

ELIGIBILITY: To enter this event you must be a member in good standing when you submit your entry and remain a member through the time your session ends at the competition you are entering, and:

- 1) **Ensure that your entry and fee is received by the USA Weightlifting National Office by November 4, 2014.** <https://www.usaw.hangastar.com>
- 2) **Meet one of more of the eligibility standards described above.**
- 3) However, in completing this entry form, you may elect to use an announced Entry Total (ET) that is lower than your qualifying total, but that lower total must at least equal the qualifying standard total for the bodyweight/age category you are entering (if no entry

total is listed in your entry form, your qualifying total as described in 3 above will automatically be used for your ET). Please note that the total of your starting attempts at the competition must at least be within 20kg (men) /15kg (women) of your ET, and if your ET qualifies you for an A session you must start within 20kg/15kg of the minimum total for the A session. No extra lifters will be permitted in this competition.

- 4) For team competitions, the team must be named and affiliated to the associated USA Weightlifting club at the time of registration. Changes made at the Verification Meeting may be for reserve choices to **scoring choices only**.

ENTRY DEADLINE: November 4, 2014. All entries, team or individual, whether made online, via fax or via regular mail or express service, must be received with payment by the National Office no later than 11:59pm Mountain Time November 4, 2014. Entries and/or payments received after that time will be rejected.

QUALIFICATION FOR 2015 INTERNATIONAL COMPETITIONS:

USA Weightlifting has designated the 2014 American Open as a Qualification Event for international competitions. Full details will be published in late 2014 as information on 2015 International events becomes known. Special provision is made for Youth athletes in order that trials may occur for those events involving individuals born between 1998 and 2002 (13-17 Age Group). The above process requires that 30 slots (15 men, 15 women) are reserved for such athletes who do not otherwise qualify for the American Open. These will be allocated on a ranking basis, inclusive of totals made at local competitions against the following standards as described in the athlete Reference Guide for International Competition. The Top 15 men, Top 15 Women, will be entered.

Men		Women	
Weightclass	Standard	Weightclass	Standard
50kg	210.2	44kg	144.1
56kg	223.8	48kg	154.4
62kg	251.4	53kg	167.7
69kg	265.3	58kg	180.5
77kg	285.6	63kg	193.6
85kg	302.4	69kg	202.7
94kg	317.8	69+kg	215.0
94+kg	325.4		

**BODYWEIGHT CATEGORY
CHANGES AND FINAL
VERIFICATION OF
ENTRIES & MEETING:**

The Entry Form you submit to the USA Weightlifting office by the entry deadline is your official entry to the competition and the information therein will be verified and used to create a Tentative Start list. However, you can make changes to your bodyweight category up until 11:59 pm Mountain Time, Tuesday December 9, by notifying the National Office, in writing, of the desired change, if you have made the qualifying total for that category. You may also make a change at the Verification of Final Entries Meeting that will take place on Thursday, December 11, 6:00-6:30 pm local time, at the official meet hotel indicated above, in a room to be announced that morning in the lobby of the hotel. However, in no event will changing your bodyweight category result in you moving to an A session if your original ET placed you in a B session when the start lists were published. For instance, if your 275 kg total at 85 kg placed you in the B session of the 85kg category, and you move to a category in which the 275 kg total would have placed you in an A session (e.g., down to the 77 kg category) had you entered that category originally, you will be placed in the B session of

your new category (if no B session is scheduled for that new category, you will be combined into the B session of an adjacent category). You can also change your ET at or prior to the Verification Meeting, but in no event can it be below the QST for the category in which you will be lifting. If you were placed in an A session on the basis of your original ET, and your revised ET is lower than the minimum total for the A session of the category you will compete in, you must lift in the B session for that category (if any) and must be prepared to alter your schedule to do that. Please note in selecting your ET that the total of your starting attempts at the competition must at least be within 20kg (men) /15kg (women) of the QT, and if you are selected for an A session with 20kg/15kg of the minimum total for the A session. No extra lifters will be permitted in this competition.

TECHNICAL CONFERENCE: **Thursday December 11, 2014 at the Meet Hotel, 8:00-8:30 pm local time (Verification of Final Entries Meeting at 5:30-6:00 pm local time).** Anyone who does not attend the Technical Conference agrees to accept all decisions made at the Technical Conference. The final Start List will become available immediately after this meeting and any changes to the lifting schedule will be announced at that time. A preliminary list of participants (subject to change) will be available at <http://weightlifting.teamusa.org> within 7 days after the entry deadline.

REFEREES CLINIC & TESTING: Thursday, December 11, 2014 – The Washington Hilton, 4:00 pm (Written Test 5:00 – 6:00 pm local time)
For more information on referee testing procedures and how to become a referee, please visit <http://www.teamusa.org/USA-Weightlifting/Referees.aspx>.

ITEMS REQUIRED AT WEIGH IN:

All participants aged 16 and older are required at weigh-in to produce a government-issued photo identification document showing date of birth, such as a driver’s license, passport, military ID, or comparable document. All participants aged 15 and younger are required at weigh in to produce a government-issued identification document showing date of birth, such as a birth certificate, passport, or comparable document; photo identification is not required for participants under 16 years of age.

DOPING CONTROL: Formal drug testing of participants by the United States Anti-Doping Agency (USADA) will be in effect. Participation in this event signifies that the athlete agrees to be subjected to and to comply with all drug control procedures and policies.

WEIGH INS: All official weigh-ins will be done at the Venue. Unofficial weight-checks and a sauna will be available. Please note the sauna will be located at The Washington Club, approximately 5 minutes’ walk from the venue.

AWARDS: Medals to top 3 in each body weight category for snatch, clean & jerk, and total. Best lifter award for the top male and female lifter.

TEAM AWARDS: Three team awards for both men and women. Team points based on USA Weightlifting rules and will be in total only. 1st=12 points, 2nd=9, 3rd=8, 4th=7, 5th=6, 6th=5, 7th=4, 8th=3, 9th=2, 10th=1

PROVISIONAL SCHEDULE*:

THURSDAY 11TH	5:30 PM VERIFICATION	8:00 PM TECHNICAL	
FRIDAY DECEMBER 12TH		UNTIL 1PM	B SESSIONS
	11AM WEIGH-IN	1PM COMPETE	TRIALS MALE (IF REQ'D)
	1PM WEIGH-IN	3PM COMPETE	TRIALS FEMALE (IF REQ'D)
	3PM WEIGH-IN	5PM COMPETE	48KG A
	5PM WEIGH-IN	7PM COMPETE	56/62KG A
	7PM WEIGH-IN	9PM COMPETE	53KG A

SATURDAY DECEMBER 13TH		UNTIL 1PM	B SESSIONS
	11AM WEIGH-IN	1PM COMPETE	69KG MALE A
	1PM WEIGH-IN	3PM COMPETE	58KG A
	3PM WEIGH-IN	5PM COMPETE	77KG A
	5PM WEIGH-IN	7PM COMPETE	63KG /69KG A
	7PM WEIGH-IN	9PM COMPETE	85KG A
SUNDAY 14TH		UNTIL 1PM	B SESSIONS
	11AM WEIGH-IN	1PM COMPETE	94KG A
	1PM WEIGH-IN	3PM COMPETE	75KG/75+KG A
	3PM WEIGH-IN	5PM COMPETE	105KG A
	5PM WEIGH-IN	7PM COMPETE	105+KG A

OFFICIAL ENTRY FORM – 2014 AMERICAN OPEN CHAMPIONSHIP

REGISTRATION: Preferred method of registration is on line at <https://www.usaw.hangastar.com/Login.aspx> . The deadline for the National Office having received your registration as specified above in this document. No late entries will be accepted.

American Open international entries must be received in paper form, along with a letter of authority from the National Federation.

A manual registration form may be mailed or faxed but it must be received by the National Office by the deadline specified on page one of this document. However, an additional \$10 processing fee applies for each athlete or team registering manually and is included in the "Entry Fees" listed below.

RETURN MANUAL ENTRY TO:

USA Weightlifting
1 Olympic Plaza
Colorado Springs, CO 80909

ENTRY FEES: INDIVIDUAL Entry – \$75.00 if you enter online (Non-refundable)
If you use a paper entry, \$85.00 (Non-refundable; includes manual processing fee of \$10)
Each OVERALL TEAM – \$100.00 if you enter you're a team online (Non-refundable)
If you use a paper entry \$110.00 (Non-refundable; includes manual processing fee of \$10)

DECEMBER 11-14, 2014

Please enter me in the 2014 American Open to be held on December 11-14, 2014, at the Washington Hilton. I certify that I am an amateur in good standing. In consideration of my entry in the competition, I do hereby waive, and release USA Weightlifting, Washington Hilton and any meet hotel, and their respective 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 my injury or illness, or for any and all other costs, damages or losses suffered or incurred by me or occasioned to me in connection with my travel to and from, 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 gross negligence and/or wanton misconduct of the Organizers or to bodily injuries and medical expenses covered by accidental death, dismemberment and/or loss of sight and medical reimbursement insurance policies maintained by the Organizers.

I agree to be filmed and photographed under conditions approved and authorized by the USA Weightlifting, 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 USA Weightlifting and Organizers 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 USA Weightlifting, its sponsors and advertisers, and the sport of amateur weightlifting, and to fund the activities of the USA Weightlifting.

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 such decisions for me as though they stood in a relationship to me of parent, guardian or next of kin should circumstances require the Organizers, its agents and competition personnel to make such judgments, and my next of kin cannot be timely and conveniently contacted to participate in the making of 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 emergency 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 benefit, 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 understand the USA Weightlifting Board of Directors has adopted the following policy: The entry and qualifying deadlines for any National event are the ones specified in the Participation Contract and absolutely no entries will be accepted after the deadline.

This policy will remain in effect unless changed by the USA Weightlifting Board of Directors and may not be overridden by any individual or group, including but not limited to any USA Weightlifting committee, member, the event meet director or the National Office staff. This policy will be strictly enforced, without regard to statements or rumor to the contrary, regardless of the source of such statements or rumors. Athletes should be advised that USA Weightlifting will not be responsible for an athlete's unsuccessful attempt to register for the event online due to the absence of a minimum qualifying total in the athlete's record at the time registration is attempted, or for any other issue that would cause the athlete to be unable to successfully register online or via fax or regular mail. It is therefore strongly recommended that athletes not wait until the last minute to register, in case there is a problem.

PLEASE TYPE OR PRINT ALL INFORMATION CLEARLY:

WEIGHT CLASS QUALIFIED: _____ kg (You may only enter one) USAW Member # _____

____ MALE ____ FEMALE

NAME _____
(Last) (First) (Middle)

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE (____) _____ E-MAIL _____ AGE _____ DOB _____

USA WEIGHTLIFTING COACH: _____ COACH USAW MEMBER # _____

EVENT COACH: _____ EVENT COACH USAW Member # _____

NOTE: EVENT COACH MUST BE A CURRENT USA WEIGHTLIFTING MEMBER TO GAIN ACCESS TO THE WARM-UP ROOM

QUALIFYING STANDARD TOTAL (QST) MADE: _____ WT CLASS: _____ DATE: _____

ENTRY TOTAL (ET) (must be equal to or greater than the QT of age/wt class): _____

AMOUNT DUE: \$85 (paper entry fee)

PAYMENT MAY BE MADE WITH CHECK PAYABLE TO 'USA Weightlifting' OR VALID CREDIT CARD: VISA, MASTERCARD, DISCOVER or AMERICAN EXPRESS:

CREDIT CARD ACCT# _____ EXPIRES _____ CODE _____

CARDHOLDER SIGNATURE _____ DATE _____

American Open Championships Manual Entry

DRUG USE AND BLOOD DOPING

All competitors in the 2014 American Open are subject to drug testing by the United States Anti-Doping Agency (USADA). A positive result for an IOC prohibited substance will be cause for disqualification from this event, and loss of eligibility. A negative test will demonstrate to the public and your competitors that you have earned your achievements ethically.

By registering to compete at this competition, you are consenting to be subject to drug testing on your urine, and accept the penalties if found positive for a prohibited substance. All athletes chosen are required to provide an acceptable specimen. Cooperation is mandatory; noncompliance will be cause for the same penalties as for a positive drug test.

Further information about the doping control process, the protection of your rights, and the status of specific medications is available from the U.S. Anti-Doping Agency and its Drug Reference Line (1-800-233-0393), 5555 Tech Center Drive, Suite 200, Colorado Springs, Colorado 80919-2372. The USADA website is www.usantidoping.org.

Over-the-counter medications, nutritional supplements, and even natural herbal supplements may contain prohibited substances. Always check first with your team doctor or the Drug Reference Line before taking any medication prior to competition.

I understand that drug-testing may be conducted on a formal basis for athletes weighed-in for this event or program and that the detection of use of banned drugs would make me subject to suspension by my sport's national governing body and USOC. By registering for this event, I agree to be subject to a drug test and its penalties if declared positive for a banned substance. I am aware that failure to appear for and comply with the drug test will be cause for the same penalties as for those who are positive for a banned substance. I further understand that the practice of blood doping is banned by the USA Weightlifting, the USOC, the IWF and the IOC and that to do so would make me subject to punitive action within existing policies. ** Names of athletes who test positive, the name of the substance and length of suspension will be listed in on the USA Weightlifting website. I know that I may call the USADA Hotline (1-800-233-0393), for any questions about medications and banned substances or practices.

I understand that, if for some reason I elect not to continue in the competition to the completion of an official total, or do not total, that I will still be eligible for the random drug test, and I will report to the Doping Control Officer and advise him/her that I am making myself available for random drug testing. I will not leave the meet site until excused by the drug control officer.

I understand that if I am a no show for drug testing, I am subject to receiving the maximum penalty of a 4-year suspension from the sport.

In providing my signature below I am signifying that I agree to all the terms, conditions, waivers, policies, descriptions and other information provided on the preceding pages of this document.

PRINTED NAME: _____ DATE: _____

SIGNATURE: _____

IF ATHLETE WILL BE UNDER 18 AT TIME OF EVENT, PARENT/GUARDIAN MUST SIGN

I have explained to my son/daughter the aforementioned releases and conditions, the aforementioned information on drug use and blood doping, the ramifications associated with their use, and the aforementioned information on drug testing. I further consent to his/her registration for this USA Weightlifting activity under the above stipulated conditions.

PRINTED NAME: _____ DATE: _____

SIGNATURE: _____

**2014 American Open Championship
December 11-14, 2014 – Washington, DC**

**OFFICIAL TEAM ENTRY FORM
\$75/Team + \$10 Admin Fee for Paper Application**

Select one: _____ Men's Team _____ Women's Team

(Make copies as necessary for additional teams) Online entries can be made by clicking [\(link here\)](#)
Please enter the following Team in the 2014 **American Open National Junior Championship**. Enclosed is a check for \$85.00, payable to the USA Weightlifting or credit card information below. I understand that if any athlete on my team tests positive for banned substance, that the team will receive no team points and will be disqualified from this competition.

This tentative team roster must be submitted and each athlete on this roster must submit an individual entry indicating that he/she represents this club. Proof of mailing is required, please see page 1, "Proof of Entry."

Final team rosters are due in the Competition Secretary's hands at the Verification of Final Entries Meeting. No more than 2 entries per class, eight men per team and seven women per team.

USA WEIGHTLIFTING CLUB NAME _____ CLUB #: _____

CLUB ADDRESS _____ CITY _____ STATE _____ ZIP _____

CREDIT CARD ACCT# _____ EXPIRES _____

Visa, MasterCard, Discover, American Express

CARDHOLDER'S SIGNATURE _____ DATE _____

	ATHLETE'S PRINTED NAME	WEIGHT CLASS	TOTAL
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
6.	_____	_____	_____
7.	_____	_____	_____
8.	_____	_____	_____

ALTERNATES:

1.	_____	_____	_____
2.	_____	_____	_____

SIGNATURE OF CLUB OFFICIAL: _____ DATE: _____

CLUB OFFICIAL'S PRINTED NAME: _____

Travel and Hotel Info

The Washington Hilton

1919 Connecticut Avenue NW, Washington, DC, 20009

USA WEIGHTLIFTING MEMBERS ARE ENTITLED TO THE FOLLOWING BENEFITS

5-15% discount off your national and international travel through United & Hilton Hotels

How to book travel with United:

USA Weightlifting has been assigned an event code to be used when purchasing tickets on United or United Express flights. USA Weightlifting 's code is ZNY8766436 and will activate fare discounts for any USA Weightlifting National sanctioned events.

Two ways to book discount air travel: Phone or Internet - each method offers different discounts.

Phone - United Olympic Desk:

- Call the United Olympic Desk at 800-841-0460 Monday-Friday from 10:00am to 8:00pm (EST).
- United is pleased to offer a 2-10% discount on published domestic fares and 7-15% on International fares for all US Olympic recognized events and meetings when calling the United Olympic Desk. Discounts are available on United and United Express flights as well as United-marketed Air Canada and Lufthansa code share flights. Discount varies by booking class and at time of ticketing. Certain published fares may not be eligible for the discount.

Internet

- Purchase tickets online and receive a 5% discount off the lowest applicable internet fares. By booking your travel online you will receive the lowest guaranteed united.com fares and will never pay a booking fee.
- To book travel online visit <http://www.teamusa.org/USA-Weightlifting/Membership/Membership-Benefits/United-Airlines>

How to book travel with Hilton:

<https://hiltonhhonors.com/NGBCampaign/Olympic.html?cid=OM,HN,teamusastays,LP2010>

How to book a rental car through National & Enterprise : <http://www.teamusa.org/USA-Weightlifting/Membership/Membership-Benefits/Car-Rental>