



**2015 National Masters
Weightlifting
Championships
April 9–12, 2015
Monrovia, California**

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|--------------------------|---|
| Presented by | TEAM CrossFit Academy and the Southern Pacific LWC |
| Competition Venue | Courtyard Los Angeles Pasadena/Monrovia (Marriott Hotel) 700 West Huntington Drive Monrovia, California 91016 |
| Sanctioned by | Southern Pacific LWC and USA Weightlifting (Sanction #33-15-02). Current IWF-Masters and USAW Rules will be followed |
| Qualifying Totals | Minimum qualifying totals are required for entry. See qualifying totals at http://www.2015NationalMasters.com/ or later in this document. |
| Entry Fees | Individual - \$85.00. Team: \$40.00. Banquet: \$35.00. (Make checks payable to TEAM CrossFit Academy or enter on-line at http://www.2015NationalMasters.com/ .) Entry fees are NON-REFUNDABLE. |
| Annual Meeting | Saturday evening, April 11, at the competition hotel. See below for details. |
| Mail to | Michael Keating TEAM CrossFit Academy PO Box 5404 Pasadena, CA 91117-0404 |
| On-line entry | Optionally, enter on-line at http://www.2015NationalMasters.com/ |
| Contact | Michael Keating 626-818-5387 usaw@teamcrossfitacademy.com |
| Entry deadline | Postmarked or on-line entry no later than March 5, 2015 |

Proof of Entry: Athletes must have proof of on-line entry or of having mailed Entry Form to Meet Director. Mail Entry Form Certified (PS Form 3800) and Returned Receipt (PS Form 3811) or enclose a self-addressed, postage paid card with your entry for confirmation. If Meet Director does not receive Entry Form and athlete does not have Return Receipt, athlete will not be permitted to compete. An athlete who submits a valid entry and does not show may be subject to disciplinary action per USAW Rule Book Article 317.2.3.E.

2015 National Masters Weightlifting Championships

Eligibility: All masters must be properly registered with USA Weightlifting as a Masters Athlete and be at least 35 years of age on or before December 31, 2015. Participants must show proof of age and of current registration in USAW at the time of weigh-in. **Minimum qualifying totals required;** see the next paragraph for details. The organizing committee, Masters Weightlifting, and USAW reserve the right to refuse entry.

Qualifying Totals: Qualifying totals for this meet are equal to those used for the 2014 Pan-Am Masters. These totals must have been successfully lifted in a USAW-sanctioned competition between April 4, 2014, and March 5, 2015. **Exception:** Lifters who have previously won a Masters National Championship are *exempt* from the requirement to achieve a qualifying total. Note that all lifters (including former champions) must register **before we reach our 300-lifter limit!**

Entry Limit: This 4-day 1-platform event is **limited to 300 lifters**. Once that limit is reached, lifters may add themselves to the wait-list via the on-line entry form. If we receive early cancellations, we *might* be able to add lifters from the stand-by list.

Masters Annual Meeting and Banquet: The 2015 Annual Meeting of USA Masters Weightlifting will take place on Saturday evening, April 11, in the Ballroom of the competition hotel. Courtyard Marriott will prepare and serve the dinners, which cost \$35 per person. Include this payment with your entry fee or purchase on-line with your entry at <http://www.2015NationalMasters.com/>.

Drug Testing and Doping Control: Pursuant to the rules of USA Masters Weightlifting, these 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.

2015 National Masters Weightlifting Championships

The "10/15-kg rule" applies at this meet: the total of each male competitor's first attempts (opening snatch + opening clean & jerk) must meet or exceed the number in parentheses, which is 15 kg below the qualifying total.

2015 National Masters Qualifying Totals for MEN

| Men | Age Groups | | | | | | | | | | |
|-----------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|------------|
| Weight Category | M35 35-39 | M40 40-44 | M45 45-49 | M50 50-54 | M55 55-59 | M60 60-64 | M65 65-69 | M70 70-74 | M75 75-79 | M80 80-84 | M85 85+ |
| 56 | 137 (122) | 130 (115) | 125 (110) | 115 (100) | 102 (87) | 92 (77) | 80 (65) | 67 (52) | 62 (47) | 55 (40) | 50 (35) |
| 62 | 152 (137) | 145 (130) | 137 (122) | 127 (112) | 112 (97) | 102 (87) | 90 (75) | 75 (60) | 67 (52) | 57 (42) | 52 (37) |
| 69 | 167 (152) | 160 (145) | 150 (135) | 140 (125) | 125 (110) | 112 (97) | 97 (82) | 82 (67) | 75 (60) | 60 (45) | 57 (42) |
| 77 | 182 (167) | 172 (157) | 165 (150) | 150 (135) | 135 (120) | 122 (107) | 107 (92) | 90 (75) | 82 (67) | 65 (50) | 62 (47) |
| 85 | 192 (177) | 182 (167) | 175 (160) | 160 (145) | 142 (127) | 130 (115) | 112 (97) | 95 (80) | 87 (72) | 70 (55) | 67 (52) |
| 94 | 202 (187) | 192 (177) | 182 (167) | 167 (152) | 150 (135) | 137 (122) | 120 (105) | 100 (85) | 90 (75) | 75 (60) | 72 (57) |
| 105 | 210 (195) | 200 (185) | 190 (175) | 175 (160) | 157 (142) | 142 (127) | 122 (107) | 102 (87) | 95 (80) | 80 (65) | 77 (62) |
| +105 | 217 (202) | 207 (192) | 197 (182) | 182 (167) | 165 (150) | 150 (135) | 127 (112) | 107 (92) | 100 (85) | 85 (70) | 82 (67) |

All Qualifying totals are in kilograms. (Number in parentheses is minimum opening total.)

Monrovia, California

Qualifying period: April 4, 2014 until March 5, 2015.

2015 National Masters Weightlifting Championships

2015 National Masters Qualifying Totals for WOMEN

The "10/15-kg rule" applies at this meet: the total of each female competitor's first attempts (opening snatch + opening clean & jerk) must meet or exceed the number in parentheses, which is 10 kg below the qualifying total.

| Women | Age Groups | | | | | | | | |
|-----------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|------------|
| Weight Category | W35 35-39 | W40 40-44 | W45 45-49 | W50 50-54 | W55 55-59 | W60 60-64 | W65 65-69 | W70 70-75 | W75 75+ |
| 48 | 70 (60) | 65 (55) | 62 (52) | 60 (50) | 55 (45) | 52 (42) | 50 (40) | 47 (37) | 44 (34) |
| 53 | 72 (62) | 70 (60) | 65 (55) | 62 (52) | 57 (47) | 55 (45) | 52 (42) | 50 (40) | 47 (37) |
| 58 | 77 (67) | 72 (62) | 70 (60) | 65 (55) | 62 (52) | 57 (47) | 55 (45) | 52 (42) | 49 (39) |
| 63 | 80 (70) | 75 (65) | 72 (62) | 70 (60) | 65 (55) | 60 (50) | 57 (47) | 55 (45) | 52 (42) |
| 69 | 85 (75) | 80 (70) | 75 (65) | 72 (62) | 67 (57) | 62 (52) | 60 (50) | 57 (47) | 54 (44) |
| 75 | 87 (77) | 82 (72) | 77 (67) | 75 (65) | 70 (60) | 65 (55) | 62 (52) | 60 (50) | 57 (47) |
| +75 | 95 (85) | 90 (80) | 85 (75) | 82 (72) | 77 (67) | 67 (57) | 65 (55) | 62 (52) | 59 (49) |

All Qualifying totals are in kilograms. (Number in parentheses is minimum opening total.)

Monrovia, California

Qualifying period: April 4, 2014 until March 5, 2015

2015 National Masters Weightlifting Championships

| | |
|-------------------------------|--|
| Men's weight classes | 56, 62, 69, 77, 85, 94, 105, 105+ |
| Women's weight classes | 48, 53, 58, 63, 69, 75, 75+ |
| Age groups | Masters Standard 35 - 39, 40 - 44, 45 - 49, etc. |
| Weigh-in | All weigh-ins will take place at the Courtyard-Marriott competition site. Weight Checks will be available at the hotel at all times leading up to and throughout the competition. |
| Final Team Rosters | Team rosters must be in the hand of the Competition Secretary at the Technical Conference at the Courtyard-Marriott no later than 7:30pm, April 8. |
| Individual Awards | Medals will be presented to first, second, and third for totals only in each age / weight class. Men's and Women's best lifter awards will be given in each age group based on the Sinclair and Meltzer-Malone age and body weight formulas. The Grand Master Awards for men and women will be based upon the highest Sinclair and Meltzer-Malone age and body weight correction formulas on Age Group winners only. |
| Team Awards | Team awards will be presented for first, second, and third (male and female). Team must be registered for 2015, and USAW and all lifters' cards must indicate appropriate team membership. |
| Saunas | There are no saunas at the competition venue, but some locations in the vicinity (not affiliated with the event) do have saunas. |
| Schedule | The exact lifting schedule will not be determined until one week after the entry deadline (and four weeks prior to the event). The expectation is that the oldest lifters will compete on Thursday, April 9, and the youngest will lift on Sunday, April 12. The remaining entries will be divided to balance the number and sizes of sessions throughout the weekend. |
| Medals | Medals will be presented after the snatch of the following session (except for the final session of each day). |

<http://www.2015NationalMasters.com/>

2015 National Masters Weightlifting Championships

Competition Details

Technical Conference

Wednesday, April 8, 2015, at 7:30pm. This conference will take place at the competition venue (**Courtyard Los Angeles Pasadena/Monrovia Marriott Hotel**). An athlete may at the technical conference increase or decrease his or her weight class. A lifter may increase weight class after the technical conference but **MUST** report to the weigh-in for the lower weight class in order to change upward. If there are any questions about this ruling, please contact the meet director or your National Masters chairman.

Travel and Hotel Information

Air travel: Numerous airports serve the Southern California area. In order of convenient access to Monrovia (based primarily on LA-traffic driving time to the competition venue), we suggest the following:

- Bob Hope Airport -- Burbank (BUR)
- Ontario International Airport (ONT)
- Los Angeles International (LAX)
- Long Beach Airport (LGB)
- John Wayne Airport -- Orange County (SNA)

While nearly all domestic carriers offer service into LAX, you should consult your preferred carrier for fares and flight availability to each airport. The primary airport for coast-to-coast flyers will be LAX.

Car rental: The airports above are served by all major car rental companies. Consult your preferred rental agency for costs and availability. Neither the competition hotel nor the organizers provide shuttle service to or from airports. SuperShuttle, Prime Time Shuttle, and numerous other companies provide commercial airport shuttle service. See <http://www.2015NationalMasters.com/> for other transportation suggestions.

Taxi Service: Taxi service between airports and Monrovia can run **anywhere from \$50 to \$100 each way** depending on traffic and the number of passengers. We recommend that people who are not renting cars either negotiate a flat rate trip to Monrovia or use one of the Airport Shuttle Services below.

Airport Shuttle Service: SuperShuttle, Prime Time Shuttle, and numerous other companies provide commercial door-to-door airport shuttle service in shared-ride vans. These are usually the fastest affordable routes. See <http://www.2015NationalMasters.com/travel/> for links to these services.

2015 National Masters Weightlifting Championships

Public transport: For details on public transportation options from airports and within Southern California, see the following web sites:

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|---|---|
| http://LAWA.org/ | Los Angeles and Ontario Airports |
| http://www.burbankairport.com/ | Bob Hope Airport (Burbank) |
| http://www.metro.net/ | Bus and rail services within Los Angeles County |

**Competition Hotel: Courtyard Los Angeles
Pasadena/Monrovia**

700 West Huntington Drive
Monrovia, California 91016
626-357-5211

Rate: \$114 + Tax (Normal rates are \$159 and up.)

Reservations: 800-927-8195

Ask for **National Masters Championship (group code AMWP)**. Or go to <http://www.2015NationalMasters.com/> and click on the "Hotel" tab.

All competition events will take place in the hotel's facilities.

Other Hotels in the area

Doubletree Hotel Monrovia - Pasadena Area

924 West Huntington Drive
Monrovia, CA 91016
(626) 357-1900
doubletree.com

Embassy Suites Arcadia - Pasadena Area

211 East Huntington Drive
Arcadia, CA 91006
(626) 445-8525
hilton.com

2015 National Masters Weightlifting Championships

Official Entry Form

Please clearly TYPE or PRINT all information

Please enter me in the _____ kg class, _____ age group ____ male ____ female of the 2015 National Masters Weightlifting Championships. I certify that I am a U.S.A.W. athlete in good standing. In consideration of my entry in the competition I do hereby waive and release the USA Weightlifting Federation (USAW), the Southern Pacific LWC (SPLWC), USA Masters Weightlifting (USAMW), TEAM CrossFit Academy (TCA), and its owners, directors, officers, officials, and agents, Courtyard Marriott Hotel, the meet director, and competition personnel, volunteers, and all other related parties from 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 forgoing waiver and release shall not apply to injuries, damages, and loss resulting from gross negligence or intentional misconduct of USAW, USAMW, SPLWC, or TCA, nor to bodily injuries or medical expenses to the extent covered by accident, death, dismemberment, and/or loss of sight and medical reimbursement policies maintained by USAW.

I agree that USAW, USAMW, SPLWC, TCA, 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 USAMW, USAW, SPLWC, TCA, and their 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 provided that my next of kin cannot timely and/or conveniently be contacted to participate in the making of such judgments. I hereby release and agree to hold USAMW, USAW, SPLWC, TCA, and their agents (including competition 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 USAMW, USAW, SPLWC, and TCA to include the use of my name, biological information, public appearances, interviews, photographs, portraits, motion pictures, and television recordings of my weightlifting performances, and I grant to USAMW, USAW, SPLWC, and TCA 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 USAMW, USAW, SPLWC, and TCA, its sponsors, advertisers, and the sport of Olympic Weightlifting, and to fund the activities of the National Masters Program.

Pages 8 and 9 must be completed and submitted together.

2015 National Masters Weightlifting Championships

Competitor's Personal Details

| |
|--|
| Name: |
| Address: |
| City, State, ZIP: |
| Email Address: |
| USAW Registration Number: |
| Team Affiliation (or "Unattached"): |
| Primary telephone: |
| Alternate telephone: |
| Emergency contact name: |
| Emergency contact phone: |
| Birth date: |
| Age on December 31, 2015: |
| Max lifts in qualifying period : Snatch: C&J: Total: |
| Date and name of sanctioned meet for qualifying total |
| Are you a current or past National Masters Champion? |

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

Signature

Date

This page must be completed and signed.

Pages 8 and 9 must be completed and submitted together.

2015 National Masters Weightlifting Championships

Official Entry Form For Women's Team

Please enter the following Women's Team in the 2015 National Masters Weightlifting Championships. Enclosed is a check in the amount of \$40.00, payable to **TEAM CrossFit Academy**. Each lifter on this roster must submit an individual entry indicating she represents this club. Alternatively, enter at <http://www.2015NationalMasters.com/> by March 5, 2015.

This tentative team roster must be submitted. NOTE: Team will consist of no more than seven (7) lifters, plus two alternates. No more than two lifters in one Age / Weight Class. **Team entries mailed in must be postmarked no later than March 5, 2015.** 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 7:30 PM on April 8, 2015, at the Technical Conference.

| |
|-----------------------------|
| USAW Club Name: |
| 2015 USAW Club #: |
| Club Contact Person: |
| Address: |
| City, State, ZIP: |

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

Alternates

| | | | | |
|---|--|--|--|--|
| 1 | | | | |
| 2 | | | | |

Club Official's Signature: _____ **Date:** _____

2015 National Masters Weightlifting Championships

Official Entry Form For Men's Team

Please enter the following Men's Team in the 2015 National Masters Weightlifting Championships. Enclosed is a check in the amount of \$40.00, payable to **TEAM CrossFit Academy**. Each lifter on this roster must submit an individual entry indicating he represents this club. Alternatively, enter at <http://www.2015NationalMasters.com/> by March 5, 2015.

This tentative team roster must be submitted. NOTE: Team will consist of no more than eight (8) lifters, plus three alternates. No more than two lifters in one Age / Weight Class. **Team entries mailed in must be postmarked no later than March 5, 2015.** 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 7:30 PM on April 8, 2015, at the Technical Conference.

| |
|-----------------------------|
| USAW Club Name: |
| 2015 USAW Club #: |
| Club Contact Person: |
| Address: |
| City, State, ZIP: |

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

Alternates

| | | | | |
|---|--|--|--|--|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |

Club Official's Signature: _____ **Date:** _____