

2012 NYC OPEN MEN'S AND WOMEN'S WEIGHTLIFTING CHAMPIONSHIPS

Conducted by Weightlifting.org, Inc. & the Metropolitan Local Weightlifting Committee (Met LWC) of USA Weightlifting (USAW) – Sanctioned by USAW Sanction # 06-12-01

DATE: Saturday, February 4, 2012

PLACE: Professional Athletic Performance Center
645 Stewart Ave.
Garden City, N.Y. 11530

TIME (there will be 3 sessions):	Weigh-In	Competition
Men's 56, 62, 69, 77	9:00 AM	11:00 AM
All Women's Categs.	10:30 AM	12:30 PM
Men's 85, 94, 105 & 105+	11:30 AM	1:30 PM

ELIGIBILITY: All athletes currently registered with the USAW.
RULES: Competition is conducted under USAW rules. Athletes must present USAW membership cards at the weigh-in, or, if not currently members of the USAW, must register that day (minors under 18 may only register with parent's or guardian's signature on USAW application.

AWARDS: Trophies will be given to the first three place winners in each weight class of the Men's and Women's championships. Trophies will also be presented to the Outstanding: Overall Male, Overall Female, Junior Male, Junior Female, Master's Male and Master's Female lifters, on the basis of the Sinclair Formula (in the case of Master lifters on the basis of the US Masters Committee Age Formula as well). Finally, Outstanding Team awards will be given to the best teams in the Men's and Women's Championships.

ENTRY FEE: \$35 via check/money order payable to "Weightlifting.org, Inc.". . Mailed entries must be postmarked no later than 1/21 and sent to:

Artie Drechsler:
33-30 150th St.,
Flushing, NY 11354
E-mail: lifttech@earthlink.net

OFFICIAL ENTRY BLANK FOR THE 2012

NEW YORK CITY OPEN MEN'S AND WOMEN'S

WEIGHTLIFTING CHAMPIONSHIPS

NAME _____ PHONE _____ USAW# _____

ADDRESS _____ CLUB _____

CATEGORY: M/W _____ kg. YOB _____ E-mail: _____

REQUEST AND RELEASE

I, the undersigned, hereby request permission to enter the premises of the Professional Athletic Performance Center 645 Stewart Ave, Garden City, NY, and to participate in the weightlifting competition(s) to be held there on Saturday February 4, 2012. I have inspected the premises and I know the substantial risks and dangers involved in the said activities, and that unanticipated and unexpected dangers may arise during such activities and I assume all risks of injury to my person and property that may be sustained in connection with the stated and associated activities in and about the premises and in traveling to and from the said premises and activities.

In consideration of the permission granted to me to enter the premises and participate in the stated activities, I do hereby, for myself, my heirs, administrators and assigns, release, remise and discharge Weightlifting.org, Inc., the Metropolitan Local Weightlifting Committee of the USAW and the individual members thereof, the Professional Athletic Performance Center, owners, operators, sponsors and sanctioners of said premises, of the activities and of the equipment therein, and their respective committees, servants, agents, officers, representatives and officials, and all other participants in the stated activities of and from all claims demands, actions and causes of action of any sort, for injuries, damages and/or losses sustained by my person and/ or property during my presence in said premises and participation in the stated activities, regardless of who is at fault or whose negligence caused such a loss or injury, even if the loss or injury is caused by the fault or negligence of the Metropolitan Local Weightlifting Committee of the USAW and the individual members thereof, and any other of the parties mentioned herein as being released.

I represent and certify that my true date of birth is stated below, and, if I am under the age of 18 years, I do represent and certify that I have the permission of my parents and/or legal guardians to participate in the stated activities, that they have full knowledge thereof and that at least one has read, understood and signed this request and release.

I certify that my attendance and participation in the stated activities is voluntary, and that I am not, in any way, the employee, servant, or agent of the owners, operators, sponsors or sanctioners of the premises and/or activities therein. I further agree that I have reviewed, understand and agree to abide by the rules and regulations of this program. I understand that the Metropolitan LWC reserves the right to reject any entry.

I HAVE READ AND UNDERSTAND THE FORGOING REQUEST AND RELEASE

SIGNATURE _____ DATE _____

IF YOU ARE UNDER 18 YOUR PARENT/LEGAL GUARDIAN MUST SIGN BELOW

SIGNATURE OF PARENT/GUARDIAN _____ DATE _____

Weightlifting.org, Inc. and the MET LWC Reserve the Right To Reject Any Entry