



ARIZONA HIGH SCHOOL WEIGHTLIFTING ASSOCIATION

2019 High School State Championship & Youth/Junior/Collegiate Open
Saturday, February 2nd, 2018

Central High School - 4525 N Central Ave, Phoenix, AZ 85012

USA Weightlifting Sanctioned Event #48-19-73306 – Qualifying Event for USAW National Competitions

- FORMAT:** Competition will be conducted per USA Weightlifting & IWF Rules.
 Each athlete will be given three attempts in the Snatch, and three attempts in the Clean & Jerk.
 Each athlete's best Snatch & best Clean & Jerk will be added together for the athlete's Total.
- ELIGIBILITY:** **High School Division** – Open to all currently enrolled Arizona High School students in good academic standing. To constitute a High School Team and participate in the High School division, a minimum of (2) athletes from the same school is required. School Coaches need to submit Team Roster & Entries.
Youth/Junior/Collegiate Open Division – Open to all athletes with a current USAW Membership
- QUALIFICATION:** There are no Qualifying Totals for the 2019 High School Championship. However, in order to score Team points for their school, High School athletes must meet minimum Totals at the competition.
- WEIGH-INS:** Weigh-ins will be conducted per USAW Rules, including regulations for Youth athletes.
 Athletes will weigh-in dressed in competition attire (singlet or similar), without shoes or socks.
- UNIFORMS:** Singlet recommended but not required. High School Division uniform should indicate school affiliation.
- WEIGHT CLASSES:** **High School Division**
 High School Girls: 40kg – 45kg – 49kg – 55kg – 59kg – 64kg – 71kg – 76kg – 81kg – 87kg – 87kg+
 High School Boys: 50kg – 55kg – 61kg – 67kg – 73kg – 81kg – 89kg – 96kg – 102kg – 109kg – 109kg+
Open Division
 W: 30kg - 33kg - 36kg - 40kg - 45kg - 49kg - 55kg - 59kg - 64kg - 71kg - 76kg - 81kg - 87kg - 87kg+
 M: 36kg - 39kg - 44kg - 49kg - 55kg - 61kg - 67kg - 73kg - 81kg - 89kg - 96kg - 102kg - 109kg - 109kg+
- ENTRY:** **High School Division** - \$20 per Athlete, paid during check-in at the meet by Team/Individual
Youth/Junior/Collegiate Open - \$40 per Athlete, paid through online registration, plus processing fee
- ADMISSION:** Adults - \$5 / Students - \$3 / Children 8 & Under FREE / Volunteers FREE (help will be needed!)
- REGISTRATION:** **High School Teams** – Please Use Team Entry Form and submit by no later than Tuesday, January 30th
Open Divisions – Online by 1/31/19 at: <https://2019azhswastatechampionship.eventbrite.com>
- AWARDS:** **High School Division**
- Individual Medals by Weight Class
 - Best Lifter Trophy & Nike Hat by Grade – Freshman, Sophomore, Junior, Senior
 - High School Team – State Championship Trophy Awarded to Top Boys & Girls Teams
 - ★ For additional details, please see High School Team Championship Information
- Youth/Junior/Collegiate Open Division**
- Medals for each Gender & Age Group based on ROBI Points.
 Age Groups: Youth 13 & Under (Born 2006 or later), Youth 14-15 (Born 2004-2005), Youth 16-17 (Born 2002-2003), Junior 18-20 (Born 1999-2001), Senior 21+ (1998 & earlier)

SCHEDULE (TENTATIVE) – Final Schedule & Startlist to be posted by Friday 2/1:

Session	Platform	Group	Age/Division	Weight Class	Weigh-in	Start
1	A	WOMEN	High School	40kg-59kg	7:00am-8:00am	9:00am
1	B	MEN	High School	50kg-73kg	7:00am-8:00am	9:00am
2	A	WOMEN	High School	64kg-87kg+	9:30am-10:30pm	11:30am
2	B	MEN	High School	81kg-109kg+	9:30am-10:30pm	11:30am
3	A	WOMEN	OPEN	ALL	12:00pm-1:00pm	2:00pm
3	B	MEN	OPEN	ALL	12:00pm-1:00pm	2:00pm

Meet Organizer: **Eric Bramwell – 480-694-4008** / For additional information please visit: www.azweightlifting.org

ARIZONA HIGH SCHOOL WEIGHTLIFTING ASSOCIATION

2019 High School Team Championship Information & Rules

1. Each Arizona High School may send one Team per Gender. There will be a separate Girls & Boys Team Championship.
2. Each Participating Team is expected to provided a minimum of (1) Referee and (2) loaders for at least one session.
3. Athletes must be currently enrolled in the school and in good academic standing.
4. USAW Membership is NOT required, but needed for AZ LWC Records and Qualifying Totals for USAW National Events.
5. For 2019 High School Teams are comprised of up to (10) Ten Varsity Lifters, with no more than (2) per Weight Class. Additional lifters may still compete for Individual placement, but will be non-scoring (JV) in regards to Team points.
6. In order to Score Team points, lifters must achieve minimum totals. 2019 Totals must exceed the lifters Bodyweight.
7. Team Scoring will be per AZHWSA Competition Rules, with point table based on number of participating schools.
8. At the conclusion of the competition, those lifters meeting minimum totals will score points based on their placement within their respective weight class. *NOTE: For the purposes of Team Scoring, Girls 40kg Class will be included with the 45kg Class, and Men's 50kg Class Will be combined as part of the 55kg class. The 40kg Girls & 50kg Boys will still be recognized for Individual Awards.*
9. The points from all the lifters from each Team are combined for a total Team Score. Teams are then ranked for placement from highest Team Points to lowest Team points.
10. In the case of a Tie, the tie will be broken by the number of first place finishes, then second place finishes, etc.

2019 High School Team Roster & Entry

School Name: _____ Coach Name: _____
 District: _____ Coach Phone: _____
 Coach Email: _____

GIRLS ROSTER

#	V/JV	Name	Weight Class	Grade	Year of Birth	Entry Total (kg)	USAW#(if any)
1	V						
2	V						
3	V						
4	V						
5	V						
6	V						
7	V						
8	V						
9	V						
10	V						
11	JV						
12	JV						
13	JV						
14	JV						
15	JV						

BOYS ROSTER

#	V/JV	Name	Weight Class	Grade	Year of Birth	Entry Total (kg)	USAW#(if any)
1	V						
2	V						
3	V						
4	V						
5	V						
6	V						
7	V						
8	V						
9	V						
10	V						
11	JV						
12	JV						
13	JV						
14	JV						
15	JV						

School Entry Fees: ____ Total Athletes x \$20 per Athlete = \$____ TOTAL. *Entry Fee maximum of \$200 per School per Gender*