



ARIZONA HIGH SCHOOL WEIGHTLIFTING ASSOCIATION
2020 Arizona High School State Championship & Youth Open
Saturday, January 25th, 2020

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 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: 45kg – 49kg – 55kg – 59kg – 64kg – 71kg – 76kg – 81kg – 87kg – 87kg+
 High School Boys: 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** - \$30 per Athlete, paid through online registration, plus processing fee
Youth/Junior 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 Friday, January 17th
Open Divisions – Online by 1/17/20 at: <https://2020azhswastatechampionship.eventbrite.com>
- AWARDS:** **High School Division**
- Individual Medals by Weight Class
 - Best Lifter Trophy by Grade – Freshman, Sophomore, Junior, Senior
 - High School Team – State Championship Trophy Awarded to Top Boys & Girls Teams
- Youth/Junior Open Division**
- Medals for each Gender & Age Group based on Sinclair/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)

SESSION SCHEDULE (TENTATIVE) – Final Schedule & Startlist to be posted by Wednesday 1/22:

Session	Platform	Group	Age/Division	Weight Class	Weigh-in	Start
1	A	WOMEN	All	30kg-55kg	7:00am-8:00am	9:00am
1	B	MEN	All	36kg-67kg	7:00am-8:00am	9:00am
2	A	WOMEN	All	59kg-71kg	9:30am-10:30pm	11:30am
2	B	MEN	All	73kg-89kg	9:30am-10:30pm	11:30am
3	A	WOMEN	All	76kg-87kg+	12:30pm-1:30pm	2:30pm
3	B	MEN	All	96kg-109kg+	12:30pm-1:30pm	2:30pm

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

ATHLETE PARTICIPATION WAIVER

All Athletes must complete this Participation Waiver in order to compete at the Event

2019 AZHSWA High School Weightlifting Championship – Central High School, Phoenix, AZ

ATHLETE/STUDENT INFORMATION

First Name: _____	Last Name: _____	<input type="checkbox"/> Male <input type="checkbox"/> Female
School: _____	Grade: _____	Birthdate – MM/DD/YYYY: ____/____/____
Mobile Phone/Text: _____	Home Phone: _____	Email: _____
Address: _____	City, State: _____	Zip: _____

PARENT/GUARDIAN/EMERGENCY CONTACT INFORMATION

Parent/Guardian 1 – Name: _____	Relationship: _____	
Work/Cell Phone: _____	Home Phone: _____	Email: _____
Parent/Guardian 2 – Name: _____	Relationship: _____	
Work/Cell Phone: _____	Home Phone: _____	Email: _____
Emergency Contact – Name: _____	Relationship: _____	
Work/Cell Phone: _____	Home Phone: _____	Email: _____

PARTICIPANT ASSUMPTION OF RISK, WAIVER OF LIABILITY, AND INDEMNITY AGREEMENT

NOTE TO MINORS: IF YOU ARE UNDER THE AGE OF 18, YOUR PARENT OR GUARDIAN MUST REVIEW AND AGREE TO THE TERMS BELOW IN ORDER FOR YOU TO PARTICIPATE.

NOTE TO PARENTS/GUARDIANS OF MINORS: YOU ACKNOWLEDGE THAT YOU HAVE REVIEWED, AND AGREED TO THE TERMS BELOW, AND HAVE THE LEGAL AUTHORITY TO ENTER INTO THIS AGREEMENT ON BEHALF OF YOUR MINOR CHILD/WARD.

I understand that the Sport of Weightlifting is a physically demanding, athletic endeavor that requires minimum levels of fitness, physical preparation, and technical skill, and may pose inherent dangers, including serious injury.

I hereby attest that my child does not have any health/medical conditions, concerns or injuries that would prevent or limit full participation in the event, competition, or training. We have sufficient Medical coverage for any injury.

I give permission for my child to participate in the event, competition, and/or training. I/we understand all risks and hazards incidental to such participation and do hereby waive, release, indemnify and hold harmless the [Phoenix Union School District](#), the [Phoenix Central High School](#), the Arizona High School Weightlifting Association, and any Staff, Coaches, Students, Volunteers, or Spectators from any claim arising out of any injury to my child.

Signature: X _____ Print Name: _____ Date: _____

PHOTO/VIDEO RELEASE

I give permission to have my child photographed and/or filmed (video) during participation for publicity use and/or news release. I understand that the images or videos may be used in event/school/team print publications, online publications, presentations, websites, and social media. I also understand that no royalty, fee or other compensation shall become payable to me by reason of such use. YES NO

Signature: X _____ Print Name: _____ Date: _____

2020 Arizona High School Team Championship Information & Rules

1. Each Arizona High School may send one Team per Gender.
2. There will be a separate Girls & Boys Team Championship.
3. Athletes must be currently enrolled in the school and in good academic standing.
4. High Schools that have Junior High grades or programs on their campus (7-12 Schools) may allow athlete grades 7-8 to compete as part of their school. Junior high athletes will be considered as part of the Freshman class for Best Lifter award.
5. USAW Membership is NOT required, but is needed for athletes in order to make official USAW marks or post Qualifying Totals for USAW National Events.
6. Athletes without USAW Membership will need to submit a completed Participation Waiver, signed by a parent or guardian, prior to competing.
7. Each Participating Team is expected to provide a minimum of (2) loaders, for at least one session.
8. For 2020 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.
9. In order to score Team Points, lifters must achieve minimum totals. 2020 Totals must exceed the lifters Bodyweight. Example: A 55kg lifter must post a total of at least 55kg in order to score Team Points.
10. Team Scoring will be per AZHSWA Competition Rules, with scoring point table as follows:

Athlete Placement Within Weight Class	Team Points
1st	10
2nd	8
3rd	6
4th	4
5th	2
6th	1

11. Scoring point table may be adjusted based on the final total number of participating schools, and any changes to the scoring will be made at the Coaches Meeting or first Technical Meeting at the competition.
12. At the conclusion of the competition, those lifters meeting minimum totals will score points based on their placement within their respective weight class.
13. 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.
14. In the case of a Tie, the tie will be broken by the number of first place finishes, then second place finishes, etc.

2020 High School Team Roster & Entry

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

#	V/JV	Athlete Name (Last, First)	Weight Class	Grade	Year of Birth	Entry Total (kg)	Opening SN (kg)	Opening CJ (kg)	USA# (if any)
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GIRLS ROSTER:

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								
16	JV								
17	JV								
18	JV								
19	JV								
20	JV								

Girls Team School Entry Fees: ____ Total Athletes x \$30 per Athlete = \$_____ TOTAL. *Entry Fee maximum of \$300 per School*

BOYS ROSTER:

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								
16	JV								
17	JV								
18	JV								
19	JV								
20	JV								

Boys Team School Entry Fees: ____ Total Athletes x \$30 per Athlete = \$_____ TOTAL. *Entry Fee maximum of \$300 per School*



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EVENT SCHEDULE

(TENTATIVE)

Saturday January 25, 2020

7:00am	Venue Opens
7:00am	Weigh-ins - SESSION 1
8:00am	Coaches Meeting / Technical Meeting
9:00am	Introductions – SESSION 1
9:15am	Lifting Starts – SESSION 1
9:30am	Weigh-ins - SESSION 2
11:30am	Introductions – SESSION 2
11:35am	National Anthem
11:40am	Awards – SESSION 1
11:45am	Lifting Starts – SESSION 2
12:30pm	Weigh-ins - SESSION 3
2:30pm	Introductions – SESSION 3
2:35pm	Awards – SESSION 2
2:45pm	Lifting Starts – SESSION 3
4:45pm	Awards – SESSION 3
5:00pm	Best Lifter & Team Awards
5:15pm	Clean-up