



ARIZONA HIGH SCHOOL WEIGHTLIFTING ASSOCIATION

2024 Arizona High School State Championship & Youth/Junior Open Saturday, January 27th, 2024

Metro Tech High School – 1900 W Thomas Rd, Phoenix, AZ 85015

USA Weightlifting Sanctioned Event – This is Qualifying Event for USAW National Competitions

- COMPETITION:** 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. Athletes competing in the Youth/Open Division will also have their Totals count toward the High School Division.
- QUALIFICATION:** There are no Qualifying Totals for the 2024 High School Championship. However, in order to score Team points for their school, High School athletes must meet minimum Totals at the competition. See Rules.
- WEIGH-INS:** Weigh-ins will be conducted per USAW Rules. Athletes will weigh-in dressed in competition attire (singlet or similar), without shoes or socks. Athletes can weigh-in up to 0.25kg over their weight class.
- UNIFORMS:** High School Division may wear T-shirt and shorts or tights/leggings, uniform should indicate school affiliation if possible. Singlets are recommended but not required.
- 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+
Youth/Junior 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 Individual** - \$40 per Athlete, paid through online registration, plus processing fee
High School Teams - \$400 Maximum per Team per Gender, when done instead of Individual Entry.
Youth/Junior Open - \$60 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 Monday, **January 22nd**
Individuals – Online by 1/19/24
- AWARDS:** **High School Division:**
- Individual Medals by Weight Class (1st through 3rd)
 - Best Lifter Trophy by Grade – Freshman, Sophomore, Junior, Senior (by Sinclair formula)
 - High School Team – State Championship Trophy Awarded to Top Boys & Girls Teams
- Youth/Junior Open Division (USAW Members):**
- Medals for each Gender & Age Group (Top three by Sinclair formula).
 - Age Groups: Youth U13, Youth 14-15, Youth 16-17, Junior 18-20

SCHEDULE (TENTATIVE) – Final Schedule and Start List to be posted by Thursday 1/25:

Session	Platform	Group	Division	Weight Class	Weigh-in	Start/Lift
1	RED	WOMEN	Open (USAW)	ALL U13/U15	7:30-8:30am	9:30am
1	BLUE	MEN	Open (USAW)	ALL U13/U15	7:30-8:30am	9:30am
2	RED	WOMEN	High School	45kg-59kg	10:00-11:00am	12:00pm
2	BLUE	MEN	High School	55kg-73kg	10:00-11:00am	12:00pm
3	RED	WOMEN	High School	64kg-87+kg	1:00-2:00pm	3:00pm
3	BLUE	MEN	High School	81kg-109+kg	1:00-2:00pm	3:00pm

NOTE – Final Sessions may be organized by Entry Total, Age, Grade, or Weight Class, depending on 2024 Entries
Meet Organizer: **Eric Bramwell – 480-694-4008** / For additional information please visit: www.azweightlifting.org

ATHLETE PARTICIPATION WAIVER

All Non-USAW Athletes must complete this Participation Waiver in order to compete at the Event
2024 AZHSWA High School Weightlifting Championship – Metro Tech High School, Phoenix, AZ

ATHLETE/STUDENT INFORMATION

First Name: _____ Last Name: _____ ☐ Male ☐ Female
School: _____ Grade: _____ Birthday – 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 Metro Tech 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.

Signature: X _____ Print Name: _____ Date: _____

ARIZONA HIGH SCHOOL WEIGHTLIFTING ASSOCIATION

2024 Arizona High School Team Championship Information & Rules

1. Athletes without USAW Membership will need to submit a completed Participation Waiver, signed by a parent or guardian, prior to competing. Athletes will NOT be able to weigh-in without a signed Waiver. Coaches please ensure all Athletes complete and bring Waivers!
2. USAW Membership is NOT required for the High School Division, but is needed for athletes in order to make official USAW marks or post Qualifying Totals for USAW National Events. USAW athletes wishing to post an official Total will compete in the Youth/Open Division, and their Totals will also count toward awards and team points in the High School division.
3. Each Arizona High School may send one Team per Gender, ie. (1) one Boys Team & (1) one Girls Team. Each School will submit their Team Roster by the Registration Deadline.
4. There will be a separate Girls & Boys Team Championship.
5. Athletes must be currently enrolled in the school and in good academic standing.
6. 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 in the High School Division.
7. Each Participating Team is expected to provide a minimum of (2) loaders, for at least one session. If a School has both a Boys & Girls Team, they will need a set of loaders for each.
8. For 2024 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. 2024 Totals must exceed the lifters Bodyweight Category. Example: A 55kg lifter must post a total of at least 55kg in order to score Team Points, a 109kg+ lifter must total at least 110kg, etc.
10. Team Scoring will be per AZHSWA Competition Rules, with scoring point table as follows:

2024 TEAM POINTS SCORING TABLE	
Athlete Placement within Weight Class	Team Points
1st	10
2nd	8
3rd	6
4th	5
5th	4
6th	3
7th	2
8th	1

11. Team Points Scoring Table may be adjusted based on the final total number of participating schools. Any changes to the scoring will be made at the Coaches 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.
14. In the case of a Tie, the tie will be broken by the number of first place finishes, then second place finishes, then third place finishes, etc.

2024 High School Team Roster & Entry Payment Form

IMPORTANT – School Coaches must email this form by 5pm on 1/15/24 to: azweightlifting@gmail.com

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

#	USAW# (if any)	Grade	Athlete Last Name	Athlete First Name	Year of Birth (YOB)	Weight Category (kg)	Opening Snatch (kg)	Opening C&J (kg)	Entry Total (kg)
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GIRLS ROSTER:

1									
2									
3									
4									
5									
6									
7									
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9									
10									
11									
12									
13									
14									
15									

Girls Team School Entry Fees: ____ Total Athletes x \$40 per Athlete = \$____ **TOTAL**. Entry Fee maximum of \$400 per Gender

BOYS ROSTER:

1									
2									
3									
4									
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6									
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11									
12									
13									
14									
15									

Boys Team School Entry Fees: ____ Total Athletes x \$40 per Athlete = \$____ **TOTAL**. Entry Fee maximum of \$400 per Gender

FOR 2024 EVENT – Please Make Checks or School P.O.'s payable to: Phoenix Union C/O Metro Tech Weightlifting



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Metro Tech High School – 1900 W Thomas Rd, Phoenix, AZ 85015



EVENT SCHEDULE - TENTATIVE
Saturday, January 27th, 2024

7:15am	Venue Opens
7:30am	Weigh-ins - SESSION 1
8:45am	Coaches Meeting / Technical Meeting
9:15am	Introductions – SESSION 1
9:30am	Lifting Starts – SESSION 1
10:00am	Weigh-ins - SESSION 2
11:50am	National Anthem
12:00pm	Introductions – SESSION 2
12:05am	Awards – SESSION 1
12:15pm	Lifting Starts – SESSION 2
1:00pm	Weigh-ins - SESSION 3
2:45pm	Introductions – SESSION 3
3:00pm	Lifting Starts – SESSION 3
4:45pm	Individual, Best Lifter & Team Awards
5:00pm	Clean-up