



Weightlifting

Age: Determined by age on December 31, 2012.

Format: Two hands snatch and two hands clean and jerk. School-Age, Junior, Master and Women may also enter Open Division.

Divisions:

Division	Age
Youth (Girls/Boys)	Ages <=13, 14-15, 16-17 (3 Divisions)
Junior (Women/Men)	Ages 18-20
Senior (Women/Men)	Ages 21+
Master (Women/Men)	Age 35-39, 40-44, 45-49, ... (Divisions every 5 years. Must be a registered Master athlete)

Weight Classes by division (in KG - multiply KG by 2.2 to get Lbs equivalent):

Youth

Girls (<=13): 35, 39, 44, 48, 53, 58, 58+

Girls (14-15): 44, 48, 53, 58, 63, 69, 69+

Girls (16-17): 48, 53, 58, 63, 69, 75, 75+

Boys (<=13): 35, 39, 44, 50, 56, 62, 69, 69+

Boys (14-15): 44, 50, 56, 62, 69, 77, 85, 85+

Boys (16-17): 56, 62, 69, 77, 85, 94, 105, 105+

There will be three Youth divisions: <= 13 years old, 14-15 years old, and 16-17 years old.

Junior, Senior, and Master

Women: 48, 53, 58, 63, 69, 75, 75+

Men: 56, 62, 69, 77, 85, 94, 105, 105+

Master divisions will be every five years of age starting at 35 years old (35-39, 40-44, 45-49,...). You must be registered with USAW as a Master athlete to compete in a Master division.

Rules: USA Weightlifting ([USAW](#)). Each lifter must register with USAW to be eligible for competition. Current card and picture ID must be shown at weigh-in. T-shirt, shorts and shoes or weightlifting suit and shoes are appropriate attire. T-shirt cannot cover the elbows. Shorts cannot cover the knees. Tight fitting attire which cover the knees or elbows are acceptable. Contact the meet director in advance for clarification and/or special circumstances.

Awards: There will be Official USG gold, silver, and bronze medals presented to the top three winners by total in each weight class in each division.

Schedule: (Times subject to change. Please check back for the latest information.)

Friday, June 15 (Youth, Junior, Senior Women's, Master divisions)

- 12:00 Noon - 1:00 PM Weigh-in (Check-in at Cedar Middle School Commons area)
- 2:00 PM Athlete introductions, referee briefing, competition.
 - All athletes competing with 15KG bar will compete first (Snatch and C&J)

Saturday, June 16 (Senior Men's Division)

- 10:00 AM - 11:00 AM Weigh-in (Check-in at Cedar Middle School Commons Area)
- 12:00 Noon Athlete Introductions, Referee Briefing, Competition
 - 20 KG bar only