

2011 MEN & WOMEN NEW ENGLAND LWC WEIGHTLIFTING CHAMPIONSHIPS

Junior, Senior and Masters Divisions

- Date:** December 11, 2011
- Place:** North Shore CrossFit
121 Liberty Street
Danvers, MA 01923
- Sanction:** USA Weightlifting, Inc. & The New England Weightlifting Committee
- Lifts Being Contested:** 2 Hands Snatch & 2 Hands Clean and Jerk
- Uniform:** One piece lifting singlet required (See IWF Rules)
- Eligibility:** All athletes must be registered with the USA Weightlifting, Inc. in the New England LWC
- Women: Any female athlete
- Junior: 20 and under
(age is determined according to birthday as of 12/31/11)
(athlete must bring proof of age)
35-48kg weight classes added to division
- Masters: Any athlete 35 & over
(age is determined according to birthday as of 12/31/11)
(athlete must bring proof of age)
- Senior: All other athletes
- Time:** Lifting starts at 10:15 a.m. for all women & female Juniors
Lifting starts at 12:30 p.m. for men 77kg & under & Juniors- 35-77kg
Lifting starts at 3:00 p.m. for men & juniors 85Kg & up
- Weigh In:** All Women & Female Juniors- 8:15 a.m. - 9:15 a.m.
Men 77kg & Under & Juniors 35kg-77kg - 10:30 a.m. - 11:30 a.m.
Men & Juniors 85 kg & up- 1:00 p.m. - 2:00 p.m.
- Awards:** T-shirts to lifters who register before 11/29/11
Trophies for 1st, 2nd, 3rd for each weight class in each age division, outstanding lifter trophies for each session (Sinclair formula), 1st, 2nd, 3rd place team plaques
Teams must register by 11/29/11 - **NO LATE ENTRIES ON TEAMS!**
International scoring applies.
- Entry Fee:**
- | | |
|-------------------|---------|
| All divisions | \$35.00 |
| Any two divisions | \$50.00 |
| Team entry | \$35.00 |
| Late entry | \$50.00 |
- Entry Deadline:** **11/29/11.** Entries received after that date will be charged a late fee (may not receive a free t-shirt).

Mail Entry Form And Make Check Payable to: North Shore CrossFit
121 Liberty Street, Danvers, MA 01923

Please enter me in the 2011 New England LWC Weightlifting Championships

_____ Senior _____ Junior _____ Master _____ Bodyweight

On December 11, 2011 for which I enclose my entry fee of

_____ Individual - \$35.00 _____ Two Divisions - \$50.00 _____ Team Entry - \$35.00 _____ Late Entry-\$50.00

Shirt Size _____

In consideration of your accepting this entry, I hereby for myself, executors and administrators, waive and release any and all rights and claims for damages I may have against the sponsor of this contest, meet director, North Shore CrossFit, USA Weightlifting, or its respective agents, the New England Weightlifting Committee, or any official connected with this contest, for any and all injuries which may be suffered by me in connection with my competition in this contest:

Name _____ USA Weightlifting # _____

Address

Street	City	State	Zip
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Phone# () _____ Club _____

Date of Birth _____ Weight Class _____ Shirt Size _____

Signature _____

(Parent must sign if under 18 years old)

Entry Deadline: November 29, 2011

Mail this form to: North Shore CrossFit
121 Liberty Street
Danvers, MA 01923

TEAM REGISTRATION

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All athletes must be entered in the Team Division to score points. No more than 8 athletes to a men's team. No more than 7 athletes to a women's team. Athletes must be registered with the team they are representing. No more than 2 athletes are allowed per class. International scoring will apply. Team registration is due by November 29, 2011. **NO LATE ENTRIES.** The registration fee is \$35.00 per team.

TEAM NAME _____

<u>MENS TEAM</u>	<u>ATHLETE</u>	<u>CLASS</u>
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____
8.	_____	_____

<u>WOMENS TEAM</u>	<u>ATHLETE</u>	<u>CLASS</u>
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____
8.	_____	_____

Mail registration and make check payable to:

North Shore CrossFit
121 Liberty Street

Danvers, MA 01923