

**2012 PAN AMERICAN MASTERSWEIGHTLIFTING CHAMPIONSHIPS
REGISTERED FOR IWF-MASTERS DRUG TESTING**

June 22 -24, 2012

**PABELLON HALTEROFILIA - PARQUE DEL ESTE - SANTO DOMINGO,
DOMINICAN REPUBLIC**

**

**National Chairman
Competition Director
Secretary of Competition
Competition Head Referee**

**Ergan Montilla
Maritza Ortiz, National Technical Director
Leslie Simonton - IWF World Web-Master
Corinne Gratenhuis**

**All entries must be postmark no later than May 1st, 2012. (No late entries accepted)
Pabellon de Halterofilia, - Centro Deportivo Parque del Este, Santo Domingo, R. D.**

Registration fees per lifter	\$ 100.00 US CDN
Registration fees per team	50.00 US CDN
Banquet - Sunday, June 24, 2012	25.00 US CDN
Total (excluding team fee)	<u>\$ 125.00 US CDN</u>

Please, remit your check or money order to:

Canadian Masters Weightlifting
c/o Dresdin L. Archibald
#102, 2911 - 109 Street
Edmonton, AB.
T6J 5C9

Proof of Entry: In the event of a dispute regarding the timely submission of the Entry Form, all lifters must have proof of having mailed the Entry Form to Dresdin Archibald. To ensure evidence of timely submission, you are encouraged to mail the entry form by Certified Mail and Return Receipt Requested or hand-in to your Chairman in person.

Eligibility: All master lifters properly registered with their respective National Masters Program who are at least 35 years of age on or before December 31, 2012. Participants must show proof of age and current registration in their respective National Weightlifting Federation at the time of weigh-in Age Groups.

**2012 PAN AMERICAN MASTERS WEIGHTLIFTING CHAMPIONSHIPS
REGISTERED FOR IWF-MASTERS DRUG TESTING**

Groups

Men 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80+
Women 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70+

Qualifying Totals For Men

(Minimum start weight in snatch and clean & jerk is 26 kg)

Class	Bwt Men									
	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
56K	137	130	125	115	102	92	80	67	62	55
62K	152	145	137	127	112	102	90	75	67	57
69K	167	160	150	140	125	112	97	82	75	60
77K	182	172	165	150	135	122	107	90	82	65
85K	192	182	175	160	142	130	112	95	87	70
94K	202	192	182	167	150	137	120	100	90	75
105K	210	200	190	175	157	142	122	102	95	80
105+K	217	207	197	182	165	150	127	107	100	85

At the 2012 XXVI Pan American Masters Men Weightlifting Championship, no one will be allowed to start in the competition unless his first attempt Snatch plus his first attempt Clean and Jerk equals or is greater than a total 15 kilograms below the Qualifying Standards as summarized in the Lowest Starting Attempt Total table below.

Lowest Starting Attempt Total

Cat.	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	+80
56 K	122	115	110	100	87	77	65	52	52	52
62 K	137	130	122	112	97	87	75	60	52	52
69 K	152	145	135	125	110	97	82	67	60	52
77 K	167	157	150	135	120	107	92	75	67	52
85 K	177	167	160	155	127	115	97	80	72	55
94 K	187	177	167	152	135	122	105	85	75	60
105 K	195	185	175	160	142	127	107	87	80	65
+105 K	202	192	182	167	150	135	112	92	85	70

**2012 PAN AMERICAN MASTERSWEIGHTLIFTING CHAMPIONSHIPS
REGISTERED FOR IWF-MASTERS DRUG TESTING**

Qualifying Totals For Women

(Minimum start weight in snatch and clean & jerk is 21 kg)

<u>Bwt/Class</u>	<u>35-39</u>	<u>40-44</u>	<u>45-49</u>	<u>50-54</u>	<u>55-59</u>	<u>60-64</u>	<u>65-69</u>
48K	70	65	62	60	55	52	50
53K	72	70	65	62	57	55	52
58K	77	72	70	65	62	57	55
63K	80	75	72	70	65	60	57
69K	85	80	75	72	67	62	60
75K	87	82	77	75	70	65	62
75+K	95	90	85	82	77	67	65

At the 2012 XXVI Pan American Masters Women's Weightlifting Championship, no one will be allowed to start in the competition unless her first attempt Snatch plus her first attempt Clean & Jerk equals or is greater than a total 10 kilograms below the Qualifying Standards as summarized in the Lowest Starting Attempt Total table below.

Lowest Starting Attempt Total

<u>Class</u>	<u>Bwt</u>						
	<u>35-39</u>	<u>40-44</u>	<u>45-49</u>	<u>50-54</u>	<u>55-59</u>	<u>60-64</u>	<u>65-69</u>
48K	60	55	52	50	45	42	42
53K	62	60	55	52	47	45	42
58K	67	62	60	55	52	47	42
63K	70	65	62	60	55	50	47
69K	75	70	65	62	57	52	50
75K	77	72	67	65	60	55	52
75+K	85	80	75	72	67	57	55

Competition Schedule

(Schedule subject to change, including time and day, based upon number of entries).

<u>Saturday Weigh-In 0900 Start 1100 Women All Bodyweights.</u>							
June 23	"	1100	"	1300	Men	65 to 80+	" "
	"	1300	"	1500	"	60 to 64	" "
	"	1500	"	1700	"	55 to 59 (56 - 77)	
	"	1700	"	1900	"	55 to 59 (85 - 105+)	
Sunday	"	0800	"	1000	"	50 to 54 (56 - 77)	
June 23	"	1000	"	1200	"	50 to 54 (85 - 105+)	
	"	1200	"	1400	"	45 to 49 (56 - 77)	
	"	1400	"	1600	"	45 to 49 (87 - 105+)	
	"	1600	"	1800	"	40 to 44 (56-77)	
Sunday	"	0800	"	1000	"	40 to 44 (85-105+)	
June 24	"	1000	"	1200	"	35 to 39 (56- 77)	
	"	1200	"	1400	"	35 to 39 (85 - 105+)	
BANQUET		1900					

**2012 PAN AMERICAN MASTERS WEIGHTLIFTING CHAMPIONSHIPS
REGISTERED FOR IWF-MASTERS DRUG TESTING**

Individual Official Entry Form

Please clearly TYPE or PRINT all information

Please enter me in the _____ kilogram class _____ age group _____ male _____ female of the 2012 Pan American Masters Weightlifting Championships at Parque Del Este, Santo Domingo, Republica Dominicana. In consideration of my entry in this competition, I do hereby waive, and release the IWF Masters, Pan American Masters Committee, Asociacion Masters de de Levantamiento de Pesas Olimpicas, and their directors, officers, and agents, the meet director, competition personnel, volunteers, and all other related parties from any and all actions, liability, claim, and demands of every kind and nature that I or my heirs or personal representatives may have for bodily injury, for expenses of medical treatment, hospitalization, and other costs, damages or losses suffered or incurred by me in connection with my travel to and from the meet and my participation in the competition and related activities.

I agree that the IWF Masters, Pan American Masters Committee, Asociacion Masters Dominicana de Levantamiento de Pesas Olimpicas and their agents, including competition personnel and volunteers, may make judgments with appropriate input from available medical personnel as to my treatment, hospitalization or other medical care in the event of my illness or accidental injury in connection with my participation in the competition should I be disabled or incompetent to make necessary and appropriate decisions concerning such treatment, hospitalization or other care. I authorize the IWF Masters, Pan American Masters Committee, Asociacion Masters de Venezuela de Levantamiento de Pesas Olimpicas, and its agents (including competition personnel and volunteers) to make decisions for me as though they stood in a relationship to me of parent, guardian, or next of kin should circumstances require the aforementioned to make judgments and provide that my next of kin cannot be timely and / or conveniently contacted to participate in the making of such judgments. I hereby, release and agree to hold the IWF Masters, Pan American Masters Committee, Asociacion Masters de Venezuela de Levantamiento de Pesas Olimpicas, and their agents (including competition personnel and volunteers) harmless for all expenses, causes of action, liability, claims, and demands arising from good faith judgments made by the aforementioned concerning my treatment, hospitalization and medical care in the event of my illness, injury and / or other emergency circumstances in connection with the competition.

I agree that I will be financially responsible for the treatment, hospitalization and other medical care received by me in the event of my illness, injury and / or other emergency circumstances in connection with the competition: except to the extent my injury and medical expenses, if any, are covered by accidental death, dismemberment, loss of sight, and medical reimbursement policies: in which event, I will nevertheless continue to be financially responsible for expenses of treatment, hospitalization and other medical care in excess of such policies limits.

I agree to be filmed and photographed under conditions approved and authorized by the IWF Masters, Pan American Masters Committee and Asociacion Masters de Venezuela de Levantamiento de Pesas Olimpicas, to include the use of my name, biographical information, public appearances, interviews, photographs, portraits, motion pictures and television recordings of my weightlifting performances and grant to the IWF Masters, Pan American Masters Committee and Pabellon de la Paz, the right to record and make use of the same, and to authorize others to do so in promoting the competition and the success of weightlifting team on which I compete, to promote the image of the IWF Masters, Pan American Masters Committee and Asociacion Masters de Venezuela de Levantamiento de Pesas Olimpicas, its sponsors, advertisers, and the sport of Olympic Weightlifting and to fund the activities of the IWF Masters and my National Masters Program. Furthermore, I declare that I agree to the contents of the IWF Masters Rule Book, pursuant to its latest revision at the time of this competition and, in particular, to Section 15 that states, "The IWF Masters and drug abuse.

15.1 The IWF Masters recognizes the right of any member country to conduct tests on any lifter selected for drug testing at any IWF Masters organized event or at any other time.

15.16 Lifter must sign the entry form that the IWF Masters has permission to test for control drugs." Drug testing will be strictly enforced. Anyone using performance enhancing substances is not welcome at these championships.

COMPETITOR'S PERSONAL DETAILS: (PLEASE PRINT)

Last (family) Name _____
First (given) Name _____
Street Address _____
City/Town _____ Country _____
Postal Code _____
Telephone _____

_____ (Work) _____ (Home) _____ (Emergency)
E-Mail address (Please Print Legibly) _____

Date of Birth _____ Day _____ Month _____ Year _____

Age at 31st December 2012 _____

Best total between 1 June 2011 and May 1st. 2012 _____ kg. Bodyweight _____ kg.

Name and date of meet _____

Qualifying Total for my age group and bodyweight category _____ kg.

REFEREE STATUS () IWF category I () IWF category II Are you willing to serve as a referee

() Yes () No

At the time of weigh-in, each lifter must present to the Competition Secretary one of the following documents:

driver's license, passport, birth certificate, or government ID showing their date of birth. Lifters who do not show documentation to the Competition Secretary at the time of their weigh-in agree that they will only participate as Extra Lifters in the competition.

IWF-MASTERS RULE. Lifters cannot do the clean jerk after three failures in three snatch.

Having read and understood all of the above stated provisions; I, hereby, submit my Entry Form.

Signature _____ Date _____

Please, return pages 4 and 5 with required entry fees to your National Masters Chairman.

2012 PAN AMERICAN MASTERSWEIGHTLIFTING CHAMPIONSHIPS
REGISTERED FOR IWF-MASTERS DRUG TESTING

Competition Information

Technical Conference: June 22, 2012 at 7 PM. This conference will take place at the competition hotel, DOMINICAN BAY, Boca Chica. Please note that according to IWF Masters rules, an athlete may NOT drop his or her weight class that was registered in their entry form. A lifter may increase his/her weight class at the technical conference. You may increase your weight class after the technical meeting, but you must notify the Competition Secretary and report to the lower weight class to weigh-in to change upward. If there are any questions about this ruling please contact your National Master's Chairman.

At the Technical Conference National Chairmen will be required to submit to the Pan American Masters Chairman a Team Competition Entry Form and Team Entry Fee of \$50.00 USD each, for men and women.

Competition Days—June 23 - 24, 2012.

Awards: Medals will be presented to first, second, and third for totals only.
Best lifter for each age group (male and female)
Grand Master award for male and female
Team awards for first, second, and third (male and female)

Training: All lifters may train at the competition venue.

Medals: Will be presented after the snatch of the next session (except for the last session of each day).

Weigh-In All weigh-ins will take place at the official weigh-in assigned place at the competition venue.

Scale: There will be a check scale at the warm-up area adjacent to the official weigh-in room and at the competition hotel.

Competition Venue: Pabellon de Halterofilia, Centro Deportivo Parque del Este, Santo Domingo, Republica Dominicana

**2012 PAN AMERICAN MASTERSWEIGHTLIFTING CHAMPIONSHIPS
REGISTERED FOR IWF-MASTERS DRUG TESTING**

ADDITIONAL INFORMATION

Transportation

Transportation will be provided from the airport to the hotel and back to the airport. Asociacion Dominicana Masters de Lev. De Pesas will be in charge of the transportation.

Car rentals Major Rent-A-Car companies are available at the airport, **Budget** (1-800-527-0700 / 787-791-0600), **Hertz** (1-800-654-3131 / 787-791-0840 / www.hertz.com), **Avis** (1-800-831-2847 / 787-253-5925 / AVIS.COM) , **Advantage. National** (1-888-868-6207 / 787-791-1805 / NATIONALCAR.COM))

Competition Hotel: DOMINICAN BAY, Boca Chica, /Distrito Nacional.

Rates are US\$60 for Single & US\$75 for Double Occupancy (all inclusive). This rate is good Thursday, June 21th through Monday, June 25, 2012.

All reservations need to be made thru the Federacion Dominicana de Lev. De Pesas before May 1st, 2012 in order to obtain the Group Special Activities Rate. Contact Luigino Matos @ , Refer to Group Code "PAMAMERICAN MASTER..

Group sales Manager / DOMINICAN BAY HOTEL
C/o Luigino Matos, Federacion Dom de L. de P. Parque del Este, Santo Domingo, R.D.

When calling, indicate that you are part of the Pan American Masters Weightlifting Championships.