

2018 NYC OPEN

Conducted by Weightlifting.org, Inc. & the Metropolitan Local Weightlifting Committee (Met LWC) of USA Weightlifting (USAW) – Sanctioned by USAW Sanction # 06-18-121654

DATE: Sunday, April 22, 2018

PLACE: Professional Athletic Performance Center
645 Stewart Ave.
Garden City, N.Y. 11530

TIMES:	Weigh-In	Competition
Men's 56, 62, 69, 77	9:00 AM	11:00 AM
All Women's Categs.	10:30 AM	12:30 PM
Men's 85, 94, 105 & 105+	11:30 AM	1:30 PM

ELIGIBILITY & RULES: All athletes who are current USAW members. Athletes must present current USAW membership cards at the weigh-in, or, if not currently members of the USAW, must register that day (minors under 18 may only register with parent's or guardian's signature on USAW application). Entries will be capped at approximately 60, on a first entries received, first entries accepted, basis. Entries received will be posted on www.metropolitanweightlifting.org. The meet director reserves the right to break any of the three sessions listed above into "flights", as needed. Late entries may be accepted, at the competition, if space is available. **This meet will have special experimental lifting order rules outlined on the next page of this entry form – please review them carefully before submitting your entry.**

AWARDS: Trophies will be presented to the first three place winners in each weight class of the Men's and Women's championships, and to the Outstanding: Overall Male, Overall Female, Junior Male, Junior Female, Master's Male and Master's Female lifters, on the basis of the Sinclair Formula (in the case of Master lifters on the basis of the US Masters Committee Age Formula as well). Finally, Outstanding Team awards will be given to the best team in the Men's and Women's Championships combined.

ENTRY FEE: \$60, which is non-refundable after April 8 (when we order our awards). Please complete and sign the last page of this entry form and pay for your entry via PayPal or credit card online at <http://weightlifting.org/newsite/2018-nyc-open/>, by clicking on the "Buy Now" button (those who enter online must also scan & e-mail a signed entry to the Meet Director at lifttech@earthlink.net). You may also send an entry via regular mail with a check/money order **payable to: "Weightlifting.org, Inc."** (entries must be received no later than 4/14). E-mail confirmations of accepted entries will be sent to all whose entries have been received & accepted, online or in the mail. Send paper entries to:

Artie Drechsler:
PO Box 680,
Whitestone, NY 11357

SPECIAL RULES FOR A MORE EXCITING COMPETITION – BY MODIFYING THE ORDER OF LIFTING

Introduction

In an effort to make competitions more exciting for spectators, the sport of weightlifting is considering changes to its competition format. One way to do this is to reduce “dead times” during competitions – e.g., two minute waits between the attempts of lifters following themselves and the times needed to change weights (especially when such changes are merely “buying time” for resting athletes). At the same time, athletes need scheduling that helps assure they will always have adequate time to prepare for their lifts and to rest between lifts. By synchronizing lifting through alternating “flights” of lifters, using two or more bars and two platforms, we can satisfy all of these requirements, providing a better competition experience for all concerned.

How the Order of Lifting Will Be Modified

All that is needed are a three modification of the rules of lifting order, as is explained below.

- 1) The athletes competing in a given session will be divided into two or more “flights” on the basis of such considerations as bodyweight category, gender and entry total. The order of lifting within any flight will follow the normal rules of weightlifting (e.g., lowest weight first, then lowest attempt number, etc).
- 2) Flights will alternate lifting attempts on one or more platforms. For instance, the athlete with the lowest starting attempt in flight 1, lifting on platform A, will lift first in that session. That athlete will be followed by the first lifter in flight 2, who will lift on platform B. The attempts will continue alternating between flights in this fashion. If there are three flights lifting together the order would be flight A, then B, then C, then back to A, and so on.
- 3) Once the one minute clock is started for your attempt it will not stop, so any request for a weight change will be made while the clock runs. Therefore, we strongly recommend that you call for the actual weight you intend to take if at all possible, before your one minute clock begins. If your change in weight after your clock has started causes you to be placed later in the lifting order in your flight, any time used before you called for a weight change will be deducted from your next attempt (e.g., if you called for a change after 10 seconds has elapsed, started, you will only have a 50 second clock when we next call you to the platform) – so again, avoid changes in weight after the clock starts. However, you will no longer need such changes to rest, because when you follow yourself in your flight, a lifter in another flight(s) will go before you, giving you time to rest even without a two minute clock.

That’s it! Everything else is the same as for any other competition. To assure that lifters have appropriate rest between attempts (neither too long or short) we will limit the number of lifters in a flight (e.g., if we have 30 lifters in a session, we may break that session into four flights, with flights 1 and 2 doing all their lifts first, followed by the lifters in flights 3 and 4.

Counting Attempts – For Coaches and Athletes

At first glance it might seem like counting attempts under this system is complicated, but we believe you will find it even easier than the existing system in some respects. To count the number of attempts you have before you are called to the platform, determine the number of attempts that will come before you in your flight only, then double that number if there are two flights, or triple it if there are three flights. For example, if there are two flights and you are the fifth lifter in your flight, you are the tenth lifter overall (actually, if you are in flight one you double it and if you are in flight 2 you double it and add one more, because you will go after the lifter in flight 1).

If you are having any trouble visualizing this, we plan to have a pre-session meeting a half hour before the beginning of each session, to review the rules and answer any questions. We’ll also have an expeditor at the meet, to help all the coaches and athletes with any questions and help them count attempts if needed. However, we think that once you try it you’ll have no trouble keeping track on your own. We are excited about trying this new method of competition progression and hope that the audience and athletes will appreciate the new format. If for some reason the new format does not work well in the first session, we can always revert to the normal competition ordering for the balance of the meet. We’ll look forward to seeing you at the competition and welcome any feedback on this experiment.

**OFFICIAL ENTRY BLANK FOR THE 2018 NEW YORK CITY OPEN MEN'S AND WOMEN'S
WEIGHTLIFTING CHAMPIONSHIPS**

NAME _____ PHONE _____ USAW# _____

ADDRESS _____ CLUB _____

CATEGORY: M/W ____kg. YOB _____ E-mail: _____

REQUEST AND RELEASE

I, the undersigned, hereby request permission to enter the premises of the Professional Athletic Performance Center 645 Stewart Ave, Garden City, NY, and to participate in the weightlifting competition(s) to be held there on Sunday April 22, 2018. I have inspected the premises and I know the substantial risks and dangers involved in the said activities, and that unanticipated and unexpected dangers may arise during such activities and I assume all risks of injury to my person and property that may be sustained in connection with the stated and associated activities in and about the premises and in traveling to and from the said premises and activities.

In consideration of the permission granted to me to enter the premises and participate in the stated activities, I do hereby, for myself, my heirs, administrators and assigns, release, remise and discharge Weightlifting.org, Inc., the Metropolitan Local Weightlifting Committee of the USAW and the individual members thereof, the Professional Athletic Performance Center, owners, operators, sponsors and sanctioners of said premises, of the activities and of the equipment therein, and their respective committees, servants, agents, officers, representatives and officials, and all other participants in the stated activities of and from all claims demands, actions and causes of action of any sort, for injuries, damages and/or losses sustained by my person and/ or property during my presence in said premises and participation in the stated activities, regardless of who is at fault or whose negligence caused such a loss or injury, even if the loss or injury is caused by the fault or negligence of the Metropolitan Local Weightlifting Committee of the USAW and the individual members thereof, and any other of the parties mentioned herein as being released.

I represent and certify that my true date of birth is stated below, and, if I am under the age of 18 years, I do represent and certify that I have the permission of my parents and/or legal guardians to participate in the stated activities, that they have full knowledge thereof and that at least one has read, understood and signed this request and release.

I certify that my attendance and participation in the stated activities is voluntary, and that I am not, in any way, the employee, servant, or agent of the owners, operators, sponsors or sanctioners of the premises and/or activities therein. I further agree that I have reviewed, understand and agree to abide by the rules and regulations of this program, including the experimental lifter order approach described about and as implemented by the competition officials and administrators. I further understand that the Metropolitan LWC reserves the right to reject any entry.

I HAVE READ AND UNDERSTAND THE FORGOING REQUEST AND RELEASE AND I AGREE TO THE EXPERIMENTAL ORDER OF LIFTING RULES THAT ARE OUTLINED ON THEIR PRIOR PAGE (PAGE TWO) OF THE ENTRY FORM..

SIGNATURE _____ DATE _____

IF YOU ARE UNDER 18 YOUR PARENT/LEGAL GUARDIAN MUST SIGN BELOW

SIGNATURE OF PARENT/GUARDIAN _____ DATE _____

Weightlifting.org, Inc. &MET LWC Reserve the Right To Reject Any Entry – IF YOU NEED ANY SPECIAL REFEREES – E.G. NATIONAL LEVEL TO QUALIFY FOR MASTERS NAT'S LET US KNOW IN ADVANCE