

**2009
GOLD CUP CHALLENGE
and
SCHOOLAGE, JUNIOR and NOVICE CHAMPIONSHIPS**

DATE: Saturday, Oct 3 Open Men and Open Women
Sunday, Oct 4 School Age, Junior and Novice

VENUE: Moorestown Recreation Center, Moorestown, NJ

SANCTION: Moorestown WLC and NJLWC

ENTRY FEES: **\$30** for Gold Cup
Entries must be postmarked by Sept 26, 2009 (\$10 additional late entry fee)

Fee must accompany entries - **payable to East Coast Gold, Inc.**
Entry fees are non-refundable.

Mail to: Leo Totten (H)717-359-5317
654 Georgetown Rd. leototten@comcast.net
Littlestown, PA 17340

SCHEDULE and AWARDS:

Saturday, Oct 3 Open Gold Cup

Sunday, Oct 4 Schoolage/Jr/Novice

<u>Weighin</u>	<u>Lift</u>	<u>Classes</u>	<u>Weighin</u>	<u>Lift</u>	<u>Classes</u>
8:00-9:00am	10:00am	Open Female	8:00-9:00am	10:00am	Female 14-20
10:00-11:00am	12:00pm	Open 56-77kg			B/G 13 & Under
12:00-1:00pm	2:00pm	Open 85-94kg			Female Novice
2:00-3:00pm	4:00pm	Open 105-105+kg	10:00-11:00am	12:00pm	Male 14-20
					Male Novice

OPEN: medals to top 3 in each wt class
trophy to best lifter men each session

SCHOOLAGE/JUNIOR/NOVICE:

- medals to top 3 in all classes
- trophy to best Boy and Girl for each age group

FEMALE: medals to top 3 in each wt class
trophies to top 3 by coefficient

MASTER: trophies to top 3 by coefficient and age coefficient

Trophies for **BEST TEAM:** Open / Female / Youth

AGE GROUPS: USAW registration and D.O.B. required at weigh-in (USAW registration available on site)
Organizing committee and USAW reserve right to refuse entry.

13&Under (born '96 or after):	Boys: 35,39,44,50,56,62,69,69+kg
	Girls: 35,39,44,48,53,58,58+kg
14-15 yrs (born '94 or '95):	Boys: 44,50,56,62,69,77,85,85+kg
	Girls: 44,48,53,58,63,69,69+kg
16-17 yrs (born '92 or '93):	Boys: 56,62,69,77,85,94,105,105+kg
	Girls: 48,53,58,63,69,75,75+kg
Juniors (born '89, '90, or '91)	Boys: 56,62,69,77,85,94,105,105+kg
	Girls: 48,53,58,63,69,75,75+kg
Novice (open): two or less competitions regardless of age	Male: same as Juniors
	Female: same as Juniors

***** BRING YOUR USAW CARD WITH YOU TO THE MEET *****

Please enter me in the _____ kg category for this meet. In consideration of my entry in the Gold Cup Challenge Weightlifting Championships (individually and collectively, the "competition"). I certify that I am sufficiently physically fit to participate in the competition and I (and my parent or guardian, if I am a minor) hereby waive and release USA Weightlifting (the USAW), its directors, officers, officials and agents, the Middle Atlantic LWC, the New Jersey LWC, the East Coast Gold Weightlifting Team, the Moorestown Weightlifting Club, Moorestown Township, and the competition's sponsors and organizers of and from any cause of action, loss, liability, claim demand or expense of any kind whatsoever which I or my heirs or personal representatives may have bodily injury or illness and for any other cost, damage or loss suffered or incurred by me or on my behalf in connection with my travel to and from, and my participation in, the Competition and all related activities. The foregoing waiver and release shall not apply to injuries, damages and losses resulting from injuries or medical expenses covered by accidental death, dismemberment and/or loss of sight and medical insurance policies maintained by the USAW.

I (and my parents or guardian, if I am a minor) agree that the USAW and its agents, including the Competition's sponsors and organizers, may make judgments (with appropriate advice from available medical personnel) with respect 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, if I become disabled or incompetent to make necessary and appropriate decisions for me as though they stood in a relationship to me of parent, guardian or next of kin if circumstances require the USAW, its agents or the Competition's sponsors or organizers to make such judgments, and my next of kin (or my parent or guardian, if I am a minor) hereby release and agree to hold the USAW and its agents, the East Coast Gold Weightlifting Team, the Moorestown Weightlifting Club, Moorestown Township, and the Competition's sponsors and organizers harmless from and against any expense, cause of action, liability, claim, demand or expense arising from good faith judgments made by the USAW, its agents and/or the Competition's sponsors and organizers concerning the treatment, hospitalization and/or medical care in the event of any illness, injury or other emergency circumstance in connection with the Competition.

I (and my parent or guardian, if I am a minor) agree that I (and my parent or guardian, if I am a minor) will be financially responsible for treatment, hospitalization and other medical care rendered to me in the event of my illness, injury or other medical emergency circumstances in connection with the Competition, except to the extent my injuries and medical expenses, if any, are covered by accidental death, dismemberment and/or loss of sight and medical reimbursement insurance policies maintained by the USAW for my benefit, in which event I (and my parent or guardian, if I am a minor) nevertheless will continue to be financially responsible for expenses of treatment, hospitalization and other medical care in excess of such policies' limits.

PLEASE TYPE OR PRINT ALL INFORMATION CLEARLY

NAME _____ DATE OF BIRTH _____ AGE _____

ADDRESS _____
(Street) (City) (State) (Zip)

PHONE (_____) _____ EMAIL ADDRESS _____

USAW NUMBER _____ USAW MEMBER EXPIRATION DATE _____

USAW CLUB AFFILIATION _____

WEIGHT CLASS _____ KG

DIVISION: SATURDAY, Oct 3 GOLD CUP _____
(check one) SUNDAY, Oct 4 NOVICE _____ SCHOOLAGE _____ age _____ JR _____ age _____

SIGNATURE _____ DATE _____

ATHLETES UNDER AGE 18 **MUST** HAVE THE FOLLOWING SECTION COMPLETED BY THEIR PARENT OR LEGAL GUARDIAN. (For athletes of minority age) I have explained to my son/daughter the aforementioned release and activity and their ramifications, and I further consent to his or her registration for this USAW activity under the conditions and their ramifications, and I further consent to his or her registration for this USAW activity under the conditions stipulated above.

SIGNATURE _____ DATE _____

PRINTED NAME _____ PARENT _____ GUARDIAN _____

Moorestown Weightlifting Club

HOTELS :

Courtyard by Marriott (Mt. Laurel) 856-273-4400

Red Roof Inn 856-234-5722

Laurel Inn 856-235-7400

DIRECTIONS

From points north via NJ Turnpike:

- Take NJ Turnpike south to Exit 5 (Burlington/Mt. Holly)
- Left at light at end of exit ramp onto 541
- Stay on 541 for about a mile to entrance onto I-295 South
- Stay on I-295 South about five miles to Moorestown exit
- At top of exit ramp, enter onto Rt. 38 West (no other choice)
- Proceed straight through several lights then, make right onto S. Church St.
- Proceed straight through two lights, make right at next block onto 3rd Street
- Make immediate right into parking lot. Gym is first building on right.

From points north via I-295:

- Take I-295 south to Moorestown exit
- At top of exit ramp, enter onto Rt. 38 West (no other choice)
- Proceed straight through several lights then, make right onto S. Church St.
- Proceed straight through two lights, make right at next block onto 3rd Street
- Make immediate right into parking lot. Gym is first building on right.

From points south via NJ Turnpike:

- Take NJ Turnpike north to Exit 4 (Mt. Laurel/Rt 73)
- Exit Turnpike onto Rt. 73 North
- Almost immediately, enter onto I-295 North
- Stay on I-295 North about three miles to Moorestown exit
- At top of exit ramp, enter onto Rt. 38 West (no other choice)
- Proceed straight through several lights then, make right onto S. Church St.
- Proceed straight through two lights, make right at next block onto 3rd Street
- Make immediate right into parking lot. Gym is first building on right.

From points south via I-295:

- Take I-295 North to Moorestown exit
- At top of exit ramp, enter onto Rt. 38 West (no other choice)
- Proceed straight through several lights then, make right onto S. Church St.
- Proceed straight through two lights, make right at next block onto 3rd Street
- Make immediate right into parking lot. Gym is first building on right.

From points south via I-95:

- Take I-95 North to Walt Whitman bridge exit
- Cross bridge, proceed about three miles to entrance onto I-295 North
- Stay on I-295 North about thirteen miles to Moorestown exit
- At top of exit ramp, enter onto Rt. 38 West (no other choice)
- Proceed straight through several lights then, make right onto S. Church St.
- Proceed straight through two lights, make right at next block onto 3rd Street
- Make immediate right into parking lot. Gym is first building on right

From points east:

- Take Rt 42 West or 73 West or 70 West to I-295 North
- Stay on I-295 North to Moorestown exit
- At top of exit ramp, enter onto Rt. 38 West (no other choice)
- Proceed straight through several lights then, make right onto S. Church St.
- Proceed straight through two lights, make right at next block onto 3rd Street
- Make immediate right into parking lot. Gym is first building on right.

From points west:

- Take PA Turnpike to Valley Forge exit
- Take Rt-76 east (Schuylkill Expressway) to Walt Whitman Bridge
- Cross bridge, proceed about three miles to entrance onto I-295 North
- Stay on I-295 North about thirteen miles to Moorestown exit
- At top of exit ramp, enter onto Rt. 38 West (no other choice)
- Proceed straight through several lights then, make right onto S. Church St.
- Proceed straight through two lights, make right at next block onto 3rd Street
- Make immediate right into parking lot. Gym is first building on right.