



2010 ALOHA STATE GAMES

Weightlifting Tournament



June 19, 2010

More than 5 different sports being contested during June and July in the 2010 Aloha State Games – Hawaii’s Olympics for the common person. The 2010 Aloha State Games weightlifting championships is open to all Olympic-style weightlifters. It will be held at The Ward Warehouse.

ALOHA STATE GAMES ENTRY FEE – The entry fee of \$20 per person is designed to cover costs of conducting the meet, including awards and insurance.

T-SHIRTS – All persons registering before the **June 12 deadline** will receive a T-shirt. Every effort will be made to supply T-shirts in the size noted on the entry forms; if this size is NOT available, then the next available size will be substituted. **Participants registering on June 12 WILL NOT** receive a T-shirt unless they pay the late penalty (\$10 each). T-shirts will be delivered to the tournament venue.

(Clip here)

OFFICIAL ENTRY FORM -- 2010 ALOHA STATE GAMES

Please type or print clearly – if we can't read your handwriting, your entry form will be returned.

Participants' Name: _____ M _____ F _____
Last First M.I.
 Address: _____ City: _____ State: _____ Zip _____

(READ BEFORE SIGNING) AMATEUR ATHLETIC WAIVER AND RELEASE OF LIABILITY

I, (enter your name) _____, the undersigned and maker of this entry form, in consideration of being allowed to participate in any way in the 2010 Aloha State Games, do hereby acknowledge, appreciate, and agree that:

The risk of injury from the activities involved in these Games is significant, including the potential for permanent paralysis and death, and while particular rules, equipment and personal discipline may reduce this risk, the risk of serious injury does exist; and

1. **I knowingly and freely assume all such risks**, both known and unknown, even if arising from the negligence of the releasees or others, and assume full responsibility for my participation; and
2. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and
3. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, **hereby release and hold harmless Hawaii Pacific Sports, Inc., (dba Aloha State Games)**, their officers, directors, officials, agents and employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the Games ("releasees"), with respect to any and all injury, disability, death, or loss or damage to person or property, whether arising from the negligence of the releasees or otherwise.

I have read this release of liability and Assumption-of-Risk agreement, and I fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

Participant's Signature _____ Age: _____ Date _____

FOR PARTICIPANTS OF MINORITY AGE (under 18 years of age at time of registration)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the "releasees" and, for myself, my heirs, assigns and next of kin, I release and agree to indemnify and hold harmless the "releasees" from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, **even if arising from the negligence of the "releasees,"** to the fullest extent permitted by law.

Parent/Guardian's Signature: _____ Emergency phone No. _____ Date: _____

Weightlifting Tournament

Date: June 19, 1 pm weigh-in, 3 pm start
Venue: Ward Warehouse Stage
Commissioner: Mel Miyamoto, miyamotom002@hawaii.rr.com, 808-988-6698
Format: Olympic weightlifting – USA Weightlifting rules apply; all participants allowed three attempts for the snatch and the clean & jerk; heaviest completed lift of both the snatch and the clean & jerk added to total; highest total in each division wins. **Participants must be a member of USA Weightlifting** (annual membership applications available online – www.usaweightlifting.org). Participants must wear shoes and singlet, except first-time lifters may wear shorts and t-shirts tucked in.

Register info: DEADLINE JUNE 12; late registration accepted until weigh-in.
Register Fee: \$20 per person; add \$10 if registering after June 12.
T-Shirts: All persons registering before the June 12 deadline will receive a t-shirt. Every effort will be made to supply t-shirts in the size noted on the entry form; if the size is NOT available, the next available size will be substituted.

Age groups:
 School Age (17 & under), Junior (18-20), Senior (21-34), Master (35 & over)
Weight classes:
Females: 44 kg (SA only), 48 kg, 53 kg, 58 kg, 63 kg, 69 kg, 75 kg, 75+ kg
Males: 50 kg (SA only), 56 kg, 62 kg, 69 kg, 77 kg, 85 kg, 94 kg, 105 kg, 105+ kg

2010 Registration Form – Weightlifting

EACH PARTICIPANT ALSO MUST FILL OUT SIDE ONE OF THIS FORM AND SIGN WAIVER. LIFTERS UNDER 18 YEARS OF AGE MUST HAVE A PARENT’S SIGNATURE ON THE WAIVER.

PARTICIPANT’S NAME _____ T-SHIRT: S M L XL XXL
 Phone (daytime) _____ Phone (evening) _____ Age: _____
 E-Mail Address _____ Date of Birth _____
 Weight category entered: _____ Best Snatch: _____ Best Clean & Jerk _____
 Events Entered
 1. _____
 2. _____
 3. _____

All lifters MUST complete a side one of the registration form; all persons under 18 years of age must have a parent’s signature. All waivers and entry forms must be submitted with entry fee.

ENTRY FEE – \$20 PER LIFTER \$ _____
 ORDERING XXL T-SHIRT Add \$2 \$ _____
 ENTRY TOTAL \$ _____

Make checks payable to Team Hawaii Weightlifting

SEND TO Team Hawaii Weightlifting
 C/O Mel Miyamoto
 2939 East Manoa Road A4
 Honolulu, HI 96822

For more information contact Mel Miyamoto at 808-988-6698 or miyamotom002@hawaii.rr.com