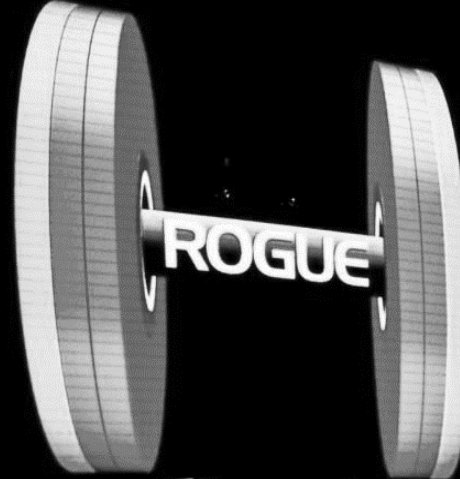
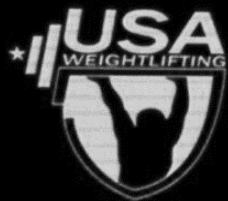
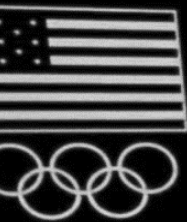




A circular logo for the American Open Finals USA Weightlifting. The outer ring contains the text "AMERICAN OPEN FINALS" at the top and "USA WEIGHTLIFTING" at the bottom, separated by stars. Inside the ring is a stylized illustration of the Anaheim Convention Center. A banner across the center reads "ANAHEIM, CALIFORNIA" and "DECEMBER 7 - 10 2017".

[illegible]

Where Olympic Journeys Begin



# How to Compete



Where Olympic Journeys Begin

## The Basics:

Step 1:

Become a member of USA  
Weightlifting [HERE](#)

Step 2:

Search for a local event [HERE](#)

Step 3:

Contact the meet director to register or register online if link is provided

Step 4:

**COMPETE !!**





Where Olympic Journeys Begin

# Competing in Weightlifting

## Step 1: Find a Coach

It is wise to have a coach to help you at your first competition, even if you usually work out by yourself. Often the meet director will be happy to help you find someone at their meet or you can click [HERE](#) for our online coaches directory.

## Step 2: Competition Prep

You may need some guidance with competition management, primarily in timing your warm ups, known as “counting attempts”. One of our top coaches has put together a handy guide [HERE](#).

## Step 3: Review the Rules

It is worth knowing the rules before you hit the platform. Click [HERE](#) to review.

Where to start?

- Section 1 (Participants),
- Section 2 (The Two Lifts)
- Section 4 (Athlete Outfit)
- Section 6 (Competition)

## Step 4: What to expect

Before the competition review our Weightlifting 101 guide [HERE](#).

Questions? Do not hesitate to reach out to [usaw@usaweightlifting.org](mailto:usaw@usaweightlifting.org)



Photo by Andy Blanton @ LIFTINGLIFE



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## LOCAL

The first place to compete is a local competition, these happen around 650 times a year.

## NATIONAL

From there you can qualify to national events, held 8 times per year. Qualification totals can be found [HERE](#)

Generally the Nationals is regarded as the highest level, or age-group nationals if you are a Junior (20 and under) or Youth (17 and under)

Remember your age is determined by how old you are on 12/31 of the year

## INTERNATIONAL

From the national events the very top athletes qualify to Team USA. Selection procedures can be found [HERE](#)

To be selected for TEAM USA you must request to be in the USADA Random Testing Pool for at least 6 months, you can do that via your membership profile.

Questions? [usaw@usaweighting.org](mailto:usaw@usaweighting.org)





Where Olympic Journeys Begin

## Clubs

After competing you now want to join a team. Click [HERE](#) for a full list of clubs in your area. Just reach out to the club director to find out how to join.

## Post Competition

### Ranking

Once you've lifted and your result is uploaded to your membership account and you can find out where you rank nationally [HERE](#).

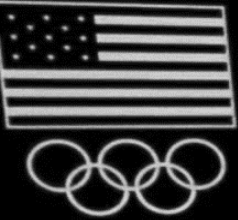
What next?

Start training for your next event!



Where Olympic Journeys Begin

1986	Sr.	77 B	115	122	128	130	142	150	155	160	288	2	1	1
1988	Sr.	77 C	120	125	130	148	153	154	155	160	278	1	0	2
1993	Sr.	77 D	118	118	123	148	153	160	155	160	276	4	2	3



Where Olympic Journeys Begin



No.	Athlete	Team	Birth Year	Age	Sex	Weight Class	Snatch	Clean and Jerk	Total	Place
1	HORSAGER Chadwick	CALST	1997	19	St.	85 C	115	145	260	1
2	LOCH Dale	FGT13	1999	17	St.	85 C	110	140	250	2
3	FLAGG Marshall	CALST	1998	18	St.	85 C	110	140	250	3
4	COWELL Brennan	12HWD	1998	18	St.	85 C	110	140	250	4
5	STEINBACHER Geoffrey	GHCPW	1991	26	St.	85 C	110	140	250	5
6	REDMAN Eric	30NG	1982	35	St.	85 C	110	140	250	6
7	BAILEY Nicholas	CHFPW	1989	28	St.	85 C	110	140	250	7
8	TYLER Ryan	TNNLS	1977	39	St.	85 C	110	140	250	8
9	SPINDLER Joe	LFTL	1991	26	St.	85 C	110	140	250	9
10	ELAM II Orey	CHFPW	1991	26	St.	85 C	110	140	250	10
11	MICCLINE Mitch	HDACL	1990	27	St.	85 C	110	140	250	11
12	WOELMER Paul	ECOML	1994	23	St.	85 C	110	140	250	12
13	CAMPBELL Noah	UNATY	1979	38	St.	85 C	110	140	250	13
14	WILLIAMS Jeffrey	GREAT	1980	37	St.	85 C	110	140	250	14

See you on the platform!