

2010 ARNOLD WEIGHTLIFTING CHAMPIONSHIPS

INFORMATION PACKET

VENUE:

The competition will be held at the **Greater Columbus Convention Center** (GCCC, 400 N. High St., Columbus, OH, 43215) in rooms **C110-115** (directly across from Martini Modern Italian restaurant on High Street).

SCHEDULE OF EVENTS:

There will be a 5-minute break between the snatch and clean & jerk portions of each session. Due to time constraints, the athletes will be lead out onto the platform prior to their session, but they will not be introduced individually.

Fri., March 6:	Sat., March 7:	Sun., March 8:
Masters & Open	School-Age, Juniors, & Open	WerkSan High School Challenge
9:30am	9:00am*	9:00am
11:30am	10:30am#	11:00am
1:30pm	12:00pm	1:00pm
3:30pm	2:00pm	3:00pm
5:30pm	4:00pm	
7:30pm	6:00pm	

*Will use 15k women's bar on the competition platform for entire session

#Will use 20k men's bar on the competition platform for entire session

TECHNICAL CONFERENCE:

Thursday, March 4th, from 7:30 PM – 8:00 PM, Room TBD

The final schedule of lifting will be presented at the Technical Conference (TC), and any changes to the athlete's chosen weight class or division must be made at or before the TC. Anyone who does not attend the TC agrees to accept all decisions made therein.

START LIST:

The final Start List will be posted in the lobby of the Ramada Plaza Hotel and at the venue following the Technical Conference. A working version of the Start List can be viewed online now at <http://columbusweightlifting.org/2010/startlist-2010.html>.

REGISTRATION, WEIGH-INS, AND CREDENTIALING:

Credentialing will be done at the Weightlifting Registration Table at the venue, in front of rooms C124/125 (near the Geek Squad awning). Weigh-ins will be conducted inside rooms 124/125 will begin two (2) hours prior to the start of that

lifting session.

T-SHIRTS:

Arnold Weightlifting 2010 meet t-shirts will be available at the Limitless-Solutions table at the venue. If you pre-ordered t-shirts, notify us during the registration/credentialing process, and proceed outside of room C111 to pick up your shirt.

LIVE WEBCAST:

Links to the live webcast of the competition will be posted on the USAW, GoHeavy, Weightlifting Exchange, and IWF websites as well as on the website run by Joe Prusaki.

ADMISSION TO OTHER EXPO EVENTS:

General Admission to the 2010 Arnold Expo is \$10 per day. Athletes and coaches with a wristband do not have to pay \$10; the wristbands given to you and your coach (listed on Start List) at registration will act as an admission ticket for all three days (Fri-Sun). Please note: wristbands are *not replaceable* if lost or stolen. Also, you *do not* have to pay to get inside the building. Proceed immediately to the Weightlifting Registration Table, outside of rooms C 124/125.

MUSIC:

You may request music you'd like to have playing prior to and/or during your attempts in the competition. See the DJ to make requests or to submit music. Be sure to let him know whether you want the music to play during your attempt or to stop prior to your chalking up, touching the bar, etc.

WEIGHT-CHECK SCALE:

A weight-check scale will be available at the venue in room C124.

SAUNA:

Saunas will be available at two locations. The main sauna is located at **Hampton Inn**, across the street from the venue. This sauna will be available starting at 7:00am on Friday morning and will be open for use throughout the weekend. For access to the sauna, go to the Weightlifting Registration Table at the venue, and exchange your ID for the key.

The secondary sauna is located downtown at **Metro Fitness** (9 East Long St., Columbus, OH, 43215; ph: (614) 228-8866). The sauna is open during gym hours only: M-F: 5:30am-10:00pm, Sat: 9:00am-8:00pm, and Sun: 10:00am-8:00pm. Show your wristband at the front desk for access to the sauna.

BATHROOMS:

Several bathrooms are located throughout the venue, but the closest to the

Weightlifting Hall are outside of room C115.

PROFESSIONAL COMPETITION PHOTOGRAPHS:

Steven Fauer Photography will be on-site and taking photographs during the competition. See a company representative at the venue for more information.

VASILY ALEXEEV:

Two-Time Olympic Gold Medalist and weightlifting legend Vasily Alexeev will be available for autographs at various times throughout the weekend. In addition, Steven Fauer Photography will be accepting donations for photos taken with Mr. Alexeev and the original barbell he lifted to become the first man ever to clean and jerk more than 500 pounds in competition (1970, Columbus, OH). For more information, see a representative of Steven Fauer Photography, or go to the Weightlifting Registration Table.

VOLUNTEER INFO:

If you would like to volunteer to work over the weekend, please contact Chris Cleary, Manuel Moralas, or Tom Philips. Their contact information will be available at the Weightlifting Registration Table.

COMMUNITY SPECIAL:

Saturday Evening – Gallery Hop - all area art galleries and shops will have extended evening business hours.

OTHER IMPORTANT WEBSITES

Arnold Expo 2010 Homepage:

<http://www.arnoldsportsfestival.com/>

Complete Schedule of Events at the Arnold Expo:

http://www.arnoldsportsfestival.com/user_files/file/ScheduleOfEvents.pdf

Purchase Tickets:

<http://www.ticketmaster.com/promo/j4w9k7>

Area Map and Local Shuttle Info:

<http://www.arnoldsportsfestival.com/transportation/>

Expo Parking Map & Info.:

<http://arnoldsportsfestival.com/parking/>

Local Restaurant Info:

<http://www.arnoldsportsfestival.com/places-to-go/>

AWARDS

Placement for awards in the School-Age, Junior, and Open Divisions shall be determined by multiplying each lifter's competition total by his/her Sinclair coefficient. For a list of **Men's Sinclair Coefficients**, go to <http://www.albertaweightlifting.com/Assets/2009-2012.Male.pdf>. For a list of **Women's Sinclair Coefficients**, go to <http://www.albertaweightlifting.com/Assets/2009-2012.Female.pdf>. Placement for awards in the Masters Division shall be determined by multiplying each lifter's competition total by his/her Sinclair coefficient *and* Malone-Meltzer Coefficient. For a list of **Malone-Meltzer Coefficients**, go to <http://www.mastersweightlifting.org/forms/malone.htm>.

School-Age Div. (8-17 Yrs.)

Place	Boys	Girls
1st	150	100
2nd	75	
3rd	50	
4th	25	
Total	\$300	\$100

Juniors Div. (18-20 Yrs.)

Place	Men	Women
1st	500	400
2nd	250	200
3rd	50	
Total	\$800	\$600

Masters Division (35+ Yrs.)

Place	Men	Women
1st	300	250
2nd	150	75
3rd	100	25
Total	\$550	\$350

Open Division

Place	Men	Women
1st	2700	2500
2nd	1000	800
3rd	750	500
4th	500	250
5th	250	100
Total	\$5200	\$4150

WerkSan Challenge

Place	Boys' Team	Girls' Team
1st	Complete WerkSan Weight Set + Men's Bar	Complete WerkSan Weight Set + Women's Bar

Place	Individual Boys	Individual Girls
1st	250	250
2nd	100	100
3rd	50	50
Total	\$400	\$400

Other Awards

**Rotary Club of Columbus \$2,000 Scholarship
Dan Gorelik Bravest Lifter Award**



Welcomes.....

ARNOLD WEIGHTLIFTING ATTENDEES.

On behalf of Ramada Plaza Hotel & Conference Center team members, "Welcome". It is our pleasure to host **Arnold Weightlifting attendees**, and we appreciate the opportunity to do so.

For your convenience, the following information will be helpful during your stay.

HOTEL FACILITIES

Justin's Restaurant, located on the main floor, is open from 6:30am-1:30pm and 5:00pm-10:00pm. Check front-desk for buffet. Our **Fitness Center** is located on the first floor and can be accessed with your guest room key. Hours are 5:00am-Midnight seven days per week. Hours of operation for the **indoor pool and Jacuzzi** are 7:00am to Midnight seven days per week.

SHUTTLE SERVICE

Shuttle service will be provided to the Convention Center based on availability. **We will have scheduled departures from the hotel on the hour and pick up at the Convention Center on the half hour.** Shuttle service will **begin at 6am** with the **last pick up at the Convention Center at 11:30pm.** Coordinate with the front desk.

In addition, there will be a **Maroon Toyota Mini-Van with USAW placards** that will be available from **6:30am-9:00am and 9:00pm-11:30pm on Friday**, from **6:30am-8:30am and 8:00pm-11:30pm on Saturday.** This mini-van will show-up in the check-in area of the hotel for drop-off and pick-up, and will pick-up and drop-off people on the North side of the GCCC, on Goodale Street.

RESULT SHEETS

Result sheets can be picked up Saturday morning and Sunday morning at the Front Desk.

If there is anything at all that you need to make your stay more comfortable, please do not hesitate to ask. We sincerely appreciate your business and look forward to your return.

Sincerely,

Meri Lynne Stumbo
Senior Sales Manager