

2019 ARNOLD WEIGHTLIFTING CHAMPIONSHIPS - EVENT INFORMATION

Rev. 2/20/19

SANCTION: 60-19-182396

DATE: February 28th – March 3rd, 2019

LOCATION: Columbus, OH, USA

NOTE: We are in the Union Station Ballroom, new area just one ballroom South of previous location, West of escalators!

Athlete, Coach, Volunteer:

Each athlete + 1 coach will receive a wristband good for complimentary 4-day admission into the 2019 Arnold Sports Festival.

Volunteers will receive a wristband by confirming their registration via CWL volunteer or USAW Technical Official list.

CREDENTIALING & REGISTRATION & SUPPORT:

Credentialing and registration will be done inside Hall C of the Union Station Ballroom at the venue starting at 2pm on Wednesday till 6pm.

Thursday-Friday-Saturday: 7am to 6pm for Registration.

Sunday-7am to noon.

Athlete support will be in Hall C including a team of chiro, massage, physical therapists. Sign-up for athlete support in their area.

SPECTATOR ADMISSION:

Entry into the 2019 AO1 Series Powered by Rogue is free with the purchase of admission into the 2019 Arnold Sports Festival. For non-athletes/ and not listed primary coaches, please visit <http://www.arnoldsportsfestival.com/tickets/> for further information concerning event admission via Ticketmaster.

If you are a helper for the athlete's session(s), the athlete will receive 3 passes for their lifting session. Registration for all is at inside Hall C at the Union Station Ballroom at the Greater Columbus Convention Center at 400 N. High Street Columbus, OH 43215. This location is just South of our previous area and across from CharBar and the Hilton Hotel.

VENUE:

Rooms of competition, Hall A, B and C at Union Station Ballroom, immediately West of the escalator inside the Greater Columbus Convention Center (GCCC), 400 N. High St., Columbus, OH 43215. These three ballrooms are directly across the street from the CharBar and the Hilton on High Street.

Special sessions also at the Rogue Strength Stage, inside the Expo Hall on Friday, 3/1/18 from 1pm to 530pm at the Greater Columbus Convention Center (GCCC), 400 N. High St., Columbus, OH 43215.

[Rogue Strength Stage Location](#), click on link.

Hours for training:

Training Hall is in Hall C of our venue. A check scale will be provided in the green room.

Hours of operation for training hall start on Wednesday from 2pm to 8pm.

Note again: All registration check-in is inside of Hall C at Union Station Ballroom in the GCCC. Banners will be displayed at the registration.

Weigh-In, Check-Scale, Sauna, Athlete Lounge, Hall C except for check-scale in green room.

Hotel Shuttle, Embassy Suites Airport:

Transportation has been arranged to conveniently shuttle you to and from the Greater Columbus Convention Center, Thursday-Sunday. The shuttle will be available at the main entrance and will leave the hotel approximately every hour for the duration of the posted times. Note, the shuttle will do a loop from the hotel to the convention center and back throughout the hours below on the hour.

Thursday February 28- 6:30am-11:30pm. First shuttle departs Embassy Suites at 6:30am.

Last Shuttle Departs the Convention Center at 11:00pm.

Friday March 1- 6:30am-11:30pm. First shuttle departs Embassy Suites at 6:30am.

Last Shuttle Departs the Convention Center at 11:00pm.

Saturday March 2- 6:30am-11:30pm. First shuttle departs Embassy Suites at 6:30am.

Last Shuttle Departs the Convention Center at 11:00pm.

Sunday March 3- 6:30am-6:30pm. First shuttle departs Embassy Suites at 6:30am.

Last Shuttle Departs the Convention Center at 6:00pm.

SCHEDULE OF EVENTS:

Lifting will occur on Thursday through Sunday. Weigh-ins two hours before lifting time and lasting one hour.

Here are the @lifting times, to be updated at the USAW verification meeting online in on 2/26 at 1000am-1030am MST:

Thursday: 9am to 830pm. Breaks between snatch and clean&jerk TBD.

Friday: 9am to 840pm. Breaks between snatch and clean&jerk TBD.

Saturday: 9am to 830pm. Breaks between snatch and clean&jerk TBD.

Sunday: 9am to 350pm. Breaks between snatch and clean&jerk TBD.

Note for competition:

Athletes on the Red, White and Blue locations, platform color to be determined, will enter from the warm-up room to the competition platform via the back-drop and truss entrance through the warm-up area/platforms via the pipe and drape.

There will be allowed a maximum of 3 passes for coaches for the warm-up area. Please note, coach, athletes and loaders will need to have a wristband for entry to the Expo Center. If you don't have a wrist band, you may be asked to leave the Expo Hall.

TECHNICAL MEETINGS:

All changes to athletes' **Entry Totals and Event Coaches** must be made prior to or during the VFE online period. Anyone who does not attend the Technical Conference at 7pm in Hall C on 2/27/19 agrees to accept all decisions made therein.

*****For all Lifters*****

See USAW Web site for pertinent information. These meetings will be held in Hall C of Union Station Ballroom.

WEIGHT-CHECK & OFFICIAL WEIGH-INS:

Weight-check calibrated scales will be available in the meet hotel, Airport Embassy Suites Hotel, as well as at the venue Green Room. The specific room location of the check scale will be posted at the Front Desk of the hotel and a State ID or passport must be presented and held until you return the key. The Official Calibrated Scales will be located in our venue at the Green room section behind the Union Station Ballroom. Bathrooms are also in that area.

Official weigh-ins will take place inside the green room inside the back of the Union Station Ballroom and will begin two (2) hours prior to the start of that lifting session. Rogue Strength Stage weigh-ins TBD. See final schedule on the 26th of February.

SAUNAS:

A sauna will be available free of charge for 2019 Arnold Weightlifting Championships competitors in Hall C of Union Station Ballroom. Please be respectful of the sauna and remember it's not the sauna's fault if you don't make weight!

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At the Venue

Hours: Wednesday. 4:00PM– 9:00PM; Thursday 6:30AM - 8:00PM Fri. Sat., 6:30AM – 8:00PM; Sun., 6:30AM – 2:50PM.

COMPETITION HOTEL:

Embassy Suites Columbus – Airport To make reservations, call (614) 536-0500.
2886 Airport Drive
Columbus, OH 43219

Welcome USA Weightlifting to the 2019 Arnold Sports Festival

The Embassy Suites Columbus Airport is so glad to have you as our guests during your time here in Columbus, Ohio. We wish you well and we are here to make your stay as enjoyable as possible. Please feel free to ask us for anything that will make your visit more comfortable.

Our award-winning, AAA 4-Diamond full service property offers many amenities to keep you entertained between competitions. **Our complimentary Cooked-to-order Breakfast will open early to serve you from 6:30am until 9:30am on Thursday & Friday and 6:30am-10:30am Saturday, and Sunday; our Beverage Reception runs every night from 5:30pm until 7:30pm.**

Our restaurant has an eclectic menu for lunch and dinner, offering everything from pizza, sandwiches & salads, to steaks and seafood. We also proudly serve Starbucks in our coffee shop, and our relaxing lobby offers a full service bar. Our pool is open from 6:30am-10:00pm with adult swim from 10:00pm-12:00am for our guests 21 & over. Guests 18 & over may enjoy our newly renovated 24-hour fitness center with a full range of state of the art Precor cardio equipment as well as free weights. Our Suite Shop, located in the lobby, is open 24-hours with a wide assortment of beverages, snacks and travel items available for purchase.

Hours again for transportation which has been arranged to conveniently shuttle you to and from the Greater Columbus Convention Center, Thursday-Sunday. The shuttle will be available at the main entrance and will leave the hotel approximately every hour for the duration of the posted times.

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Last Shuttle Departs the Convention Center at 6:00pm.

In addition, a scale is available 24 hours a day throughout your stay. You may visit the meet hotel Front Desk to sign out the key to gain access to the scale, located on the 3rd floor elevator landing in the video/Phone storage closet and then sign in the key at the conclusion of your weigh in.

If there is anything we can do to make sure that you have everything you need to make your stay more enjoyable, please let us know. We are glad you came and hope that you will think of us and Embassy Suites brand hotels the next time you travel. Thank you.

At Your Service,

The Embassy Suites Columbus-Airport Team

VENUE PARKING:

Parking can be secured at various locations around the GCCC. However, please be advised that ongoing construction work has led to the closures of some parking areas that have been used in years past. If you plan to drive to the event, click [here](#) for current parking information and road closures to help plan your route accordingly. If you are not at the meet hotel, the **Fairgrounds/OHIO EXPO CENTER** might be a better option to be shuttled in to the competition. Here are the shuttle hours.

ARNOLD EXPRESS SHUTTLE SERVICE / OHIO EXPO CENTER PARKING

FREE Arnold Express Shuttle Bus will run between the Ohio Expo Center and the Greater Columbus Convention Center. The Arnold Express Shuttle provides wheelchair assistance for ease of transportation. Shuttle buses will be marked by "Arnold Express Shuttle." **Parking will be available at the Ohio Expo Center for \$10 or \$24 for a weekend pass.** The Arnold Express Shuttle runs between the Ohio Expo Center and the Greater Columbus Convention Center for attendees that also want to attend events Downtown.

Arnold Express Shuttle Hours of Operation

- Friday, March 1, 2019 7 a.m. to 11:30 p.m.
- Saturday, March 2, 2019 7 a.m. to 2:30 a.m. (Sunday morning)
- Sunday, March 3, 2018 7 a.m. to 6 p.m.

AWARDS:

Please see USAW's Web site for medals and team awards.

PHOTOGRAPHY:

Please see USAW's Web site for photography.

WEBCAST:

This year's AO1 Series at the Arnold will be presented by USAW. Please see their Web site for information.

MUSIC:

Pending: See the DJ inside of the weightlifting venues for music requests.

T-SHIRTS & OTHER EVENT MERCHANDISE:

Please support all of our sponsors, USAW, their partners and sponsors, new and old including Nike, Earth Fed, Virus Intl. and many others.

The latest information concerning the 2019 AO1 Series will be posted on

USAW's Web site: www.usaweighting.org

our website: www.ColumbusWeightlifting.org

our Facebook page: www.facebook.com/ArnoldWeightliftingChampionships

our Facebook page: www.facebook.com/ColumbusWeightlifting

our twitter account: twitter.com/CbusWL

RESTAURANTS:

The Convention Center has a Food Court on the second floor. Take the escalator up and proceed to the south end of the Convention Center (It's a bit of a walk.). There are also more than 20 restaurants within 3 blocks of the Convention Center.

EXPO INFORMATION:

For information on the rest of the 2019 Arnold Sports Festival and EXPO, go to www.ArnoldSportsFestival.com.

QUESTIONS?

For event logistics, multi-media and audio-visual systems, technology, international athlete invitations, drug-testing, and related items other than for USAW, contact **Mark Cannella** by [e-mail](mailto:markcannella@usaw.com) or phone at (614) 832-2757.

For registration, start-lists, press releases, media & marketing, sponsorship, vendorship, social media campaigns, hospitality, and related items, contact Shelly Viets by e-mail at shellyviets@yahoo.com

For facilities management, set-up/tear-down, and all other construction- and hardware-related items, contact by phone, Mark Cannella (614) 832-2757.

For items relating to the Arnold Sports Festival, including the EXPO and all other sports other than weightlifting, please visit www.ArnoldSportsFestival.com and use the applicable contact information provided therein.