

**Annual 2009 Oregon LWC Meeting** All registered Oregon lifters welcome. Sunday, Feb. 15, 2009, 12:30 pm. Lane County Juvenile Justice Center, 2727 MLK Blvd. Call for directions: 953-7946.

## IronWorks Weightlifting Championships

Sanction #37-09-01

When: Saturday, February 7, 2009  
Where: IronWorks Gym, 600 Dale Kuni, Creswell, OR 97426  
Meet Director: Tom Hirtz, (541) 953-7946 hvyath@aol.com  
Weigh in: 9:00-10:00 All Lifters  
Lifting begins: 11:00 am All Lifters  
Entry Fee: \$30... Checks payable to **Heavy Athletics**.  
Late Entries: **\$50...IN HANDS RULE (entry in Meet Dir.'s hands on 2/4/09)**  
Eligibility: Open to all USAW registered athletes.  
Awards: First, Second, Third, for each wt. class.  
Men: 47, 51, 56, 62, 69, 77, 85, 94, 105, 105+  
Women: 43, 48, 53, 58, 63, 69, 75, 75+

Fill Out Completely      **Entry Form**      Fill Out Completely

**NOTE: Valid Entries MUST Include Photocopy of Current USAW Reg. Card**

Checks: Payable to **Heavy Athletics**

Mail to: IronWorks Gym, 600 Dale Kuni, Creswell, OR 97426

In consideration of your accepting this entry, I waive and release any and all rights and claims for damages against the Meet Director and IronWorks Gym, IronMind, Heavy Athletics, USAW, and Oregon LWC. I stipulate that I have trained properly for Olympic Weightlifting and understand the risks inherent in competing in this sport.

Name (print) \_\_\_\_\_ Ph. # \_\_\_\_\_ E-Mail \_\_\_\_\_

Address \_\_\_\_\_  
street city zip

Year of Birth \_\_\_\_\_ Club \_\_\_\_\_ USAW # \_\_\_\_\_

Weight Class \_\_\_\_\_ **Official** Best Sn \_\_\_\_\_ C&J \_\_\_\_\_ Total \_\_\_\_\_

Athlete's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature (if Junior Lifter) \_\_\_\_\_ Date \_\_\_\_\_