

2009 IronMind Weightlifting Championships

Directions:

Creswell exit (182) off I-5. Go east over the bridge back over the freeway, and make the 1st left on Emerald Parkway (also says "Airport"). Less than a mile you'll run right into the resort. IronWorks Gym is on the ground floor.

Sanction # 37-09-04

When: Saturday, December 12, 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: \$25... Checks payable to **Heavy Athletics**.
Late Entries: **\$40...IN HANDS RULE (entry in Meet Dir.'s hands on 12/9)**
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: **Heavy Athletics, P.O. Box 2085, Jasper, Oregon 97438**

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 _____