

## 2009 Russ Knipp Weightlifting Championships

The date of this competition is identical to the date of the Collegiate Nationals. As a result, this will **not** be a sanctioned meet. The meet will still be held in accordance with the rules in every regard. Totals made in this meet will be invalid as a qualifier for national meets. We have every intention of providing a positive, consistent competitive opportunity for all registered lifters.

When: Saturday April 18, 2009  
Where: IronWorks Gym, 600 Dale Kuni, Creswell, OR 97426  
Meet Director: Tom Hirtz, (541) 953-7946 hvyath@aol.com  
Weigh in: 0900 - 1000 All Lifters  
Lifting begins: 1100 All Lifters  
Entry Fee: \$25... Checks payable to **Heavy Athletics**.  
Late Entries: **\$40... IN HANDS** (entry must be in Meet Dir.'s hands on **4/15**)  
Eligibility: All USAW registered lifters, reg. can be done on day of meet.  
Awards: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, per wt. class.  
Note: No women's bar will be used. Single session, max 25 lifters.  
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**

Checks: Payable to **Heavy Athletics**

**Mail to: Heavy Athletics P.O. Box 2085, Jasper, OR 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, 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 Snatch \_\_\_\_\_ C&J \_\_\_\_\_ Total \_\_\_\_\_

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

Date \_\_\_\_\_