

Annual 2010 Oregon LWC Meeting All registered Oregon lifters welcome. Sunday, Feb. 14, 2010, 12:30 pm. Lane County Juvenile Justice Center, 2727 MLK Blvd. Call for directions: 953-7946.

IronWorks Weightlifting Championships

Sanction #37-10-01

When: Saturday, February 6, 2010
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 2/3/09)**
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: 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, 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 _____