

2010 Russ Knipp Weightlifting Championships

Sanction #37-09-02

When: Saturday April 17, 2010
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: \$30... Checks payable to **Heavy Athletics**.
Late Entries: \$40... **IN HANDS** (entry must be in Meet Dir.'s hands on **4/14**)
Eligibility: All USAW registered lifters.
Awards: 1st, 2nd, 3rd, 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+

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

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 _____

Year of Birth _____ street Club _____ city zip **USAW #** _____

Weight Class _____ **Official** Best Snatch _____ C&J _____ Total _____

Athlete's Signature _____ Date _____