

Heavy Athletics Club Weightlifting Championships

Sanction #37-11-04

Heavy Athletic Sponsors

Snatch Club

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Total Club

Sara Ferris
Gene & Cathy Joseph
IronWorks Gym
Nike
Lola Fritz
Jon & Renae Joseph

When: Saturday, September 17, 2011
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 must be in Meet Dir.'s hands on 9/14)**
Note: No women's bar will be used. Single session, max 25 lifters.
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

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 _____ Club _____ Coach _____ USAW # _____

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

Athlete's Signature _____ Date _____

Nota Bene: In spite of the new IWF and USAW rule adjustment, Oregon rules remain as before. Releasing the bar prior to it passing the waist will result in "no lift". The equipment we lift on is the same as the equipment we train on, and is expensive.

