

# 2011 Russ Knipp Weightlifting Championships

Sanction #37-11-02

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### Total Club

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

When: Saturday, April 16, 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 in Meet Dir.'s hands on 4/13/11)**  
Eligibility: Open to all USAW registered athletes.  
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 \_\_\_\_\_

street

city

zip

Year of Birth \_\_\_\_\_ Club \_\_\_\_\_ USAW # \_\_\_\_\_

Weight Class \_\_\_\_\_ **Official** Best Snatch \_\_\_\_\_ C&J \_\_\_\_\_ Total \_\_\_\_\_

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

<http://www.oregonlwc.com/index.html>