

IronWorks Weightlifting Championships

Sanction #37-11-01

Heavy Athletic Sponsors

Snatch Club

Forrest & Sage Krewson
Randall Dorvin
Steve Jeck

Clean & Jerk Club

Staton Companies
Hank Slocum
Chris & Suzanna Hansen
Ben Smith

Total Club

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

When: Saturday, February 5, 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 2/2/11)**
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+

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 _____