

2011 IronMind Weightlifting Championships

Sanction #37-11-05

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 December 17, 2011**
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: \$50... **IN HANDS** (entry must be in Meet Dir.'s hands on 12/14)
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, IronWorks Gym, Heavy Athletics, USAW, and Oregon LWC. I stipulate that I have trained properly for Olympic Weightlifting & 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 SN** _____ **C&J** _____ **Total** _____

Athlete's Signature _____ Date _____

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

Directions; Creswell exit (182) off I-5. Go east over the bridge back over the freeway, and make the 1st left on Emerald Parkway (also says "Airport"). Less than a mile you'll run right into the resort. IronWorks Gym is on the ground floor.