

# 2008 Russ Knipp Weightlifting Championships

Sanction # 37-08-02

Directions; Creswell exit (182) off I-5. Go east over the bridge back over the freeway, and make the 1<sup>st</sup> 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.

When: Saturday April 19, 2008  
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: \$25... Checks payable to **Heavy Athletics**.  
Late Entries: **\$40... IN HANDS** (entry must be in Meet Dir.'s hands on **4/16**)  
Eligibility: All USAW registered lifters, reg. can be done on day of meet.  
Awards: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 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+

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**Fill Out Completely      Entry Form      Fill Out Completely**

Checks: Payable to **Heavy Athletics**

Mail to: IronWorks Gym, 600 Dale Kuni, Creswell, OR 97426

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 \_\_\_\_\_