

2011 USAWA NATIONALS

- Meet Director: Thom Van Vleck and the Jackson Weightlifting Club
Phone: 660-341-1755 Email: tvanvleck@atsu.edu
- Meet Date: Saturday, June 25th, 2011
10:00AM - 5:00PM
- Location: Kirksville, Missouri
The exact location will be announced later.
- Sanction: U.S.A.W.A.
- Weigh-ins: 9:00 – 10:00 AM the day of the meet
- Divisions: Juniors, Women, Masters, and Open
- Awards: Awards for all divisions
- Entry Fee: \$50
- Banquet Fee: \$25 per couple, or \$15 per person
- Lifts: Snatch – Dumbbell, One Arm
Curl – Cheat
Pullover and Push
Continental to Chest – Fulton Bar
Deadlift – 12” Base
Zercher Lift
- Registration: Send entry and entry fees to:
Thom Van Vleck, 23958 Morgan Road, Greentop, MO, 63546
National meeting and banquet will follow meet.

Entry Form

Name _____

Address _____

Division Entered _____

Waiver: In consideration of accepting my entry, I release all claims for damages, losses, and injuries that I may hold against the USAWA, Thom Van Vleck, the JWC, and all other officials and assistants that may occur while participating in this event on June 25th, 2011. I understand that this event could be drug tested and will avail myself to the officials if I am selected for testing and not hinder them in the execution of their duties.

SIGNATURE _____

Parent Signature _____
(if under 18 years of age)