

# Team Nationals 2010

Meet Director: Al Myers and the Dino Gym  
785-479-2264

Meet Date: Sunday, September 19<sup>th</sup>, 2010  
10:00 AM – 2:00 PM

Location: Dino Gym  
1126 Eden Road, Abilene, KS 67410

Sanction: U.S.A.W.A Memberships may be purchased on meet day

Weigh-ins: 9:00 – 10:00 AM the day of the meet

Divisions: 2-Man, 2-Person, and 2-Woman  
Each division will be formula adjusted for weight and age

Entry Fee: None

Lifts: Maxey Press  
Bench Press – Hands Together  
Rectangular Fix  
Trap Bar Deadlift  
(After meet there will be a record day for Team Lifts only)

Registration: Send entry to Al Myers, 1126 Eden Road, Abilene, Kansas 67410

---

## Team Nationals – Entry Form

Name \_\_\_\_\_  
Address \_\_\_\_\_

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, Al Myers, the Dino Gym, and all other officials and assistants that may occur while participating in this event on September 19<sup>th</sup>, 2010. 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.

SIGNATURES \_\_\_\_\_

Parent Signature \_\_\_\_\_  
(if under 18 years of age)

