

# The 2011 DINO GYM CHALLENGE

## Presents

### *“An Old Time Strongman Competition”*

<u>Meet Director:</u>	Al Myers and the Dino Gym 785-479-2264
<u>Meet Date:</u>	Saturday, January 15 <sup>th</sup> , 2011 10:00 AM – 4:00 PM
<u>Location:</u>	Dino Gym 1126 Eden Road, Abilene, KS 67410
<u>Sanction:</u>	United States All-Round Weightlifting Association. Individual USAWA membership is required of each participant.
<u>Weigh-ins:</u>	9:00-10:00 AM the day of the meet. Lifting will start at 10:00 AM
<u>Divisions:</u>	Juniors, Women, Masters, and Open
<u>Awards:</u>	None
<u>Entry:</u>	None
<u>Lifts:</u>	Saxon Snatch Cyr Dumbbell Press Apollon Lift Goerner Stroll Dinnie Lift
<u>Rules:</u>	USAWA General Rules and Scoring Apply. All Individual Rules will be outlined on the USAWA Website. This will be a <b>DRUG TESTED</b> event.
<u>Registration:</u>	Send entry to Al Myers, 1126 Eden Road, Abilene, Kansas 67410

# 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, Al Myers, the Dino Gym, and all other officials and assistants that may occur while participating in this event on January 15<sup>th</sup>, 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)