

# 2011 HEAVY LIFT NATIONALS

Meet Director: USAWA Executive Board  
Contact: Email: amyers@usawa.com  
Phone: 785-479-2264  
Meet Date: Saturday, May 21<sup>st</sup>, 2011  
8:00 AM – 11:00 AM  
Location: York Barbell Company, York, PA  
Sanction: USAWA – Membership Required  
Weigh-ins: 7:00 – 8:00 AM the day of the meet  
Divisions: Juniors, Women, Masters, and Open  
Awards: Awards for all divisions  
Entry: \$30 - Make payment to the USAWA  
Lifts: **Neck Lift**  
**Hand and Thigh Lift**  
**Hip Lift**  
(Record Day will follow from 2-6 PM)  
Registration: Send entry form and fees to:  
Al Myers, 1126 Eden Road, Abilene, Kansas 67410

DEADLINE FOR ENTERING IS MAY 7<sup>TH</sup>, 2011

---

## 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, York Barbell, Al Myers, the USAWA Executive Board, and all other officials and assistants that may occur while participating in this event on May 21<sup>st</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)

