

THE DINO GYM PRESENTS

“the single arm challenge”

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

Meet Date: Saturday, January 14th, 2012
10:00 AM – 4:00 PM

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

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

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

Divisions: Juniors, Women, Masters, and Open

Awards: None

Entry: None & no entry deadline

Lifts: **Side Press – One Arm**
Bench Press – One Arm
Snatch – One Arm
Clean and Jerk – One Arm
Deadlift – One Arm
(BOTH ARMS WILL BE CONTESTED IN EACH LIFT)

Registration: 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 14th, 2012. I understand that this event may be drug tested and I 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)

