

2012 USAWA Grip Championships

<u>Meet Director:</u>	Al Myers and the Dino Gym 785-479-2264
<u>Meet Date:</u>	Saturday, February 11 th , 2012 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>	Championship Certificates
<u>Entry Fee:</u>	None – but please notify me ahead of time if you plan to enter
<u>Lifts:</u>	Dumbbell Walk Deadlift – Fulton Dumbbell, One Arm Deadlift – Fingers, Index Deadlift – No Thumb, One Arm Vertical Bar Deadlift – 2 Bars, 2”
<u>Rules:</u>	USAWA General Rules and Scoring Apply. This will be a DRUG TESTED event.
<u>Registration:</u>	Send entry to Al Myers, 1126 Eden Road, Abilene, Kansas 67410

Entry Form for Grip Championships

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 February 11th, 2012. 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)