

2012 Salvation Army Gym Record Breaker

Sanctioned by: USA All~Round Weightlifting Association

Sponsored by: SALVATION ARMY of MACOMB

WHEN: July 21st, 2012

WHERE: Salvation Army, 505 N. Randolph, Macomb, IL

TIME: WEIGH-IN: 9-10 a.m. Lifting Starts at 10 a.m.

ENTRY FEE: \$10, any extra donations will help support the Salvation Army Gym

ELIGIBILITY: Open to drug free lifters **Note:** must register for USAWA (\$25 fee payable to USAWA) on or before meet day

AWARDS: may have medals, trophies, or t-shirts, to be set at a later date

RULES: USAWA rules for all lifts attempted

Expected lifts, (this is only a start list and may be adjusted)

1 hand barbell snatch

1 hand C&J

Reverse Grip Curl

Jefferson lift

1 hand hack

Pullover and Press

Piper Squat

Feet in the air Bench

Any others you want to try on meet day, based upon equipment availability, (No "heavy lifts")

Directions: From the south or East: from 67 turn RIGHT onto Randolph Street, go 2 blocks

From the North: from 67 turn LEFT onto Randolph Street, go 2 blocks From the West: From 136 turn LEFT onto Randolph Street, go 2 blocks

you will see the Salvation Army on the Right

*****Tear off and mail entry below*****

NAME: _____ **USAWA #** _____

Address: _____

City _____ **State** _____ **Zip** _____

Email: _____

WEIGHT: _____

MALE OR FEMALE _____ **AGE:** _____

Waiver: *In consideration of accepting my entry, I release all claims for damages, losses, and injuries that I may hold against the USAWA, the USAWA Executive Board, Tim Piper, The Salvation Army of Macomb IL, and all other officials and assistants that may occur while participating in this event on July 21st, 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)

Mail to: Tim Piper

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Macomb, IL 61455

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