

# **U.S.A.W.A. Fall Record Breaker**

Sanctioned by: USA All~Round Weightlifting Association

Sponsored by: SALVATION ARMY of MACOMB

**WHEN:** November 10<sup>th</sup>, 2012

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

**TIME:** WEIGH-IN: approximately 12 noon Lifting: 2

(depending on the length of the ADFPF Push/Pull meet set for the morning session.)

**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)**

Reverse Grip Curl

Jefferson lift

1 hand hack

Pullover and Press

Piper Squat

Feet in the air Bench

2 man lifts

2 person lifts

→ Any others you want to try on meet day, based upon equipment availability ←

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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 November 10<sup>th</sup>, 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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