

2013 USAWA Grip Championships

<u>Meet Director:</u>	Al Myers and the Dino Gym 785-479-2264
<u>Meet Date:</u>	Saturday, February 9 th , 2013 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>	Pinch Grip (Two Hands) Vertical Bar Deadlift – 1 Bar, 2”, One Hand Deadlift – Fulton Bar, Ciavattone Grip
<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

*** IN ADDITION TO THIS BEING THE USAWA GRIP CHAMPIONSHIPS, A POSTAL CHALLENGE WILL BE CONTESTED AGAINST THE IAWA(UK). AN AVERAGE ADJUSTED POINTS SCORE OF ALL PARTICIPANTS FROM EACH NATION WILL BE USED TO DETERMINE THE WINNER OF THIS POSTAL GRIP CHALLENGE. ***

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 9th, 2013. 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)