

# **2013 USAWA HEAVY LIFT CHAMPIONSHIPS**

**Saturday May 4, 2013**

Site of & Sponsored by: **Franks Barbell Club**  
204 East Street  
East Walpole, MA 02032

Phone: (508) 668-5200

**\*Weather permitting event will be held outside**

Meet Director: **Frank Ciavattone Jr.**

Sanctioned by: **USAWA**

Weigh In: 8:00am – 9:00am    Lifting will commence at 10:00am

Lifts:        Neck Lift, Hand & Thigh, Hip Lift

Divisions:   Juniors, Women, Masters, Seniors and Open

Entry Fee: \$55.00 (will include T-Shirt & Back Yard Cook-Out)

Awards:    1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> in each weight class and Age divisions for Masters, Juniors and Women.  
Based on total poundage lifted. Best Lifter Awards for each age group in Masters, Juniors, Senior (20-39), and Women by Formula

Lodging:    Marriott Renaissance Hotel & Spa at Patriot Place, 28 Patriot Place, Foxboro, MA (508) 543-5500  
\*\*Home of the New England Patriots Hall of Fame, Shopping, & Restaurants etc.  
Holiday Inn Express, 395 Old Post Road, Sharon, MA 02067 (781) 784-1000

**Back Yard Cook-Out to follow 1 Hour after event completes**

