

U.S.A.W.A.

“Joe the Turk” Old Time Strongman Meet

“Joe the Turk” was Macomb Illinois’ original “strongman” and holds a unique and special place in the history of the Macomb Salvation Army.

Meet Director: Tim Piper, 309-221-0276

Meet Date: July 27th, 2013

Location: 505 N. Randolph Street Macomb, IL 61455

Weigh-in: 10-11 a.m. of meet day

Lifting: 11:00 a.m., lifting shall take place outside -weather permitting

Sanction: United States All-Round Weightlifting Association.

Membership: USAWA membership required for participation

Divisions: Juniors, Women, Masters, and Open

Rules: USAWA rules and scoring apply to all lifts. Drug testing rules apply.

Lifts: Apollon’s Lift
Anderson Squat
Dumbbell to shoulder
Peoples Deadlift

Awards: Unique “Joe the Turk” awards for 1st-3rd

Entry Fee: \$20, payable to Tim Piper (all profits benefit the Salvation Army lifting program)

Registration: Send entry form to Tim Piper, 15401 E. 1750th Street, Macomb, IL 61455

*******cut below and mail with \$20 payment to address above*******

Name _____ Division Entered _____

Address _____ Age _____ Gender: M F

Height _____ Weight _____

Best Lifts: Apollon’s Lift _____ Anderson Squat _____ DB to Shoulder _____ Peoples Deadlift _____

Email address: _____ Phone: _____

Waiver: In consideration of accepting my entry, I release all claims damages, losses, and injuries that I may hold against the USAWA, Tim Piper, the Macomb Salvation Army and all other officials and assistants that may occur while participating in this event on July 27th, 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 _____ Parental signature if under 18 years of age _____