

2013 USAWA OLD TIME STRONGMAN CHAMPIONSHIPS

Meet Director: Thom Van Vleck

Email: tvanvleck@yahoo.com

Phone: 660-341-1755

Meet Date: Saturday, December 7th, 2013

Location: JWC Training Hall, Greentop, Missouri

(We may relocate to larger venue pending turnout)

Sanction: United States All-Round Weightlifting Association

Weigh-ins: 10:00 AM the day of the meet

Divisions: Juniors, Women, Masters, and Open

Awards: Awards for all divisions

Entry Fee: \$25– Payable to the Jackson Weightlifting Club

Lifts: Anderson Squat, Anderson Press, Dinnie Lift - USAWA rules apply.

Registration: Send entry and entry fees to:

Thom Van Vleck

23958 Morgan Road

Greentop, MO 63546

Entry Form

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, the USAWA Executive Board of Denny Habecker, Al Myers, Chad Ullom, Dennis Mitchell and Scott Schmidt, Thom Van Vleck and the JWC, and all other officials and assistants that may occur while participating in this event on December 7th, 2013. 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)

*****THERE IS NO ENTRY DEADLINE FOR THIS MEET, BUT THE JWC WOULD
APPRECIATE ALL TIMELY TURNED IN ENTRY FORMS. *****