

U.S.A.W.A.

National Championships 2014

Meet Director: Tim Piper, 309-221-0276

Meet Date: June 21st, 2014

Location: 505 N. Randolph Street Macomb, IL 61455

Weigh-in: 9-10 a.m. of meet day

Lifting: 10:00 a.m., lifting shall take place outside -weather permitting

Lifts:
Crucifix
Snatch - One arm (barbell)
Clean and Push Press
Jefferson Lift – Fulton Bar
Curl - cheat
Zercher Lift

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.

Awards: awards for 1st-3rd in each class

Entry Fee: \$50, payable to Tim Piper (all profits benefit the Salvation Army lifting program)

Banquet: Following lifting on Saturday night in the competition tent (weather permitting)
OR inside the Salvation Army multi-purpose room. Menu to be decided later and
posted on the USAWA website prior to the meet.

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

*******cut below and mail with \$50 payment to address above*******

Name_____

Division Entered_____

Address_____

Age_____ Gender: M F

Height_____ Weight_____

Shirt size_____

Email address:_____ Phone:_____

Banquet attendees expected _____.

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 June 21st, 2014. 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_____