

CLARK'S GYM RECORD DAY

Weekend of February 24-25, 2024

Clark's Gym, Columbia, Missouri

ENTRY FEE – None.

AWARDS – None.

Must be a USAWA member. Memberships will be available at Clark's Gym on meet weekend.

MEET DETAILS:

- 1 – This record day is being held hybrid.
- 2 – The remote lifters must have their records approved by a certified USAWA official.
- 3 – The meet director requires that remote lifters enter the weekend by either telephone (573-474-4510) or by e-mail (yeoldclark@gmail.com) by Thursday, February 22.
- 4 – The meet director requires that all approved results be returned to the director not later than Tuesday, February 27 – with lifter's name, birth date/year, bodyweight, and the printed name of the attending official(s).
- 5 – Do not send the results directly to the secretary or the record keeper. They must come through the meet director first.
- 6 – All lifts must be on the USAWA list of approved lifts.
- 7 – Lifts may be done either day of the approved weekend.
- 8 – All remote results must be listed in pounds and transmitted by e-mail to the email address above.
- 9 – Lifters joining from other IAWA nations may set records according to the rules of their various national codes since membership in the USAWA is also membership in the IAWA and vice-versa.
- 10 – Enjoy the weekend.