

2024 USAWA HEAVY LIFT CHAMPIONSHIPS

Saturday May 18, 2024 – 10:00 a.m. Weigh in – 9:00 a.m.

Meet Sponsored by Franks Barbell Club

LOCATION:

Don Ventorosa's USA Weightlifting Gym
1080 Pleasant Street
Norwood, MA 02033

Meet Director:

Mark Raymond

Email: owdmr@aol.com Cell: 781-801-0947

Sanctioned by: USAWA (Membership Required)

Lifts:

Neck Lift, Hand & Thigh, Hip Lift

Divisions:

Juniors, Women, Masters, Seniors & Open

Entry Fee:

\$75.00

Awards:

1st, 2nd, & 3rd in each weight class and age division for Masters, Juniors, and Women, based on total poundage lifted. Best Lifter Awards for each age group in Masters, Juniors, Seniors(20-39), and Women by formula.

Cookout after the meet - \$25.00 per person

**Walpole Sportsman Club
499 Lincoln Road
Walpole, MA 02081**

[Entry Deadline – April 18 2024](#)