

**TO: POSSIBLE RECORD DAY ENTRANTS**

**FROM: BILL CLARK**

Here's the story for the weekend – if you are interested in joining others in the Clark's Gym Record Day.

Ol' Clark will be at the gym for locals from 8-10 a.m. Saturday and can also be there in the evening after 4 p.m. but prefers to keep a non-lifting scheduled event on the schedule – so Saturday evening out of necessity, please.

I am free all day Sunday. You must let me know when you plan to be there. Lupo and DeForest will also be on hand at various times so we should have at least one official on call. Neither is available Saturday evening.

If you are lifting remote – I need your results not later than Tuesday evening. You can lift any time Friday thru Monday if you are remote. I will need your age, your bodyweight, and the names of the attending officials.

And – all five lifts must be done on the same day.

I'm relying on the USAWA to pass this message along to those not on my e-mail list – which is a majority of the USAWA membership.

The choice of lifts is strictly up to the lifter, but it must be a certified USAWA lift.

Ans – send your results direct to the e-mail address on this contact e-mail. Just in case – it is [yeoldclark@gmail.com](mailto:yeoldclark@gmail.com). DO NOT send your results direct to the secretary or the record keeper.

I look forward to being overwhelmed. The bench meet last week drew over 20 lifters and many did record lifts as well – several were remote. It is a good feeling to see the numbers on the rise and twice 20 would be a good deal this weekend,

We have five more record days scheduled in the gym – and that does not include the record days that go with the sanctioned competitions.

There is no entry fee – and your only reward is your name in the record book.

Let me know if you are to be an entrant. That way, I'll wait for your results. And – if you decide to lift and you are not a USAWA member, please go to the USAWA website and register – NOW! If you are on site at Clark's Gym and not registered, we'll do so for you. Bring a check for \$25 payable to USAWA.

On ce again – lifting oin site in Columbia – 8-10 a.m. for sure on Saturday morning (the 13<sup>th</sup>) and all day on Sunday. Remote – from the time you get this e-mail thru Monday.

All results by e-mail – please.

And – FYI – Clark's Gym is the sponsor for the Diamond Jubilee meet on the weekend of April 27-28 – and a record day goes with that competition. The competition is limited to those 75 or older. The record day is open to one and all. Once again, you must let me know in advance and the rules here apply then.

Have a great weekend.

BILL CLARK