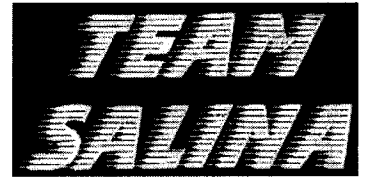


2010 Kansas State Championships and Kansas STATE OPEN



Saturday, September 11, 2010
Salvation Army Community Center
1137 N. Santa Fe
Salina, KS 67401

MEET DIRECTOR: Dennis Espinosa (785-342-0073)

RULES: Current IWF & USAW rules will apply. All lifters **MUST** be current registered members of USAW and be able to present membership card and proper identification at weigh-in. *No day of meet memberships.*

SANCTION: Missouri Valley Weightlifting Committee & USAW ~~XX-XX-XX~~

ENTRY INFORMATION: \$25.00 fee
 All entries **MUST** be postmarked by Friday, September 3, 2010.
NO LATE ENTRIES WILL BE ACCEPTED.
 Mail entries to: Bruce Wilson (Competition Secretary)
 1333 N Marymount Rd,
 New Cambria, KS 67470-8540

AWARDS: Medals will be presented for 1st, 2nd, and 3rd place in each weight class.
 Best Lifter trophies will be presented for male and female in each age of division: Youth, Junior, Open, and Masters.

USAW/IWF REFEREE CLINIC: A Referee Clinic will be held at 8:00 am.

WEIGHT CLASSES

BOYS		GIRLS	
13 & under	50, 56,62, 69, 77, 85, 94, 94+	13 & under	44, 48, 53, 58,63, 69, 69++
14-15		14-15	48, 53, 58, 63, 69, 69+
16-17	56, 62, 69,77, 85, 94, 105, 105+	16-17	48, 53, 58,63, 69, 75, 75+
18-20		18-20	
Open & Masters		Open & Masters	

SCHEDULE *(subject to change)*
 Two platforms will be used if needed.

Session	Category	Weigh-In	Lift
1	All Girls and Women's Classes	8:00 AM	10:00 AM
2	Boys 13 & Under Classes	10:00 AM	12:00 PM
3	Boys 14-15, 16-17	12:00 PM	2:00 PM
4	Men 18 and Over Classes	2:00 PM	4:00 PM

NAME:		
ADDRESS:		
PHONE NUMBER: ()		EMAIL ADDRESS:
GENDER:	USAW #:	WEIGHT CLASS:
DATE OF BIRTH:	CURRENT AGE:	AGE DIVISION:
CLUB:	COACH:	COACH'S PHONE #: ()
<input type="checkbox"/> YES, I WILL ATTEND THE REFEREE CLINIC		

In consideration of your accepting this entry, I hereby for myself, executors and administrators waive and release any and all rights and claims for damages I may have against the patrons of this meet., Reps and Sets Team Salina, Salina Salvation Army, USAW, MO Valley Weightlifting Committee for any and all injuries that may be suffered by me in connection with my competition in this meet.

LIFTER'S SIGNATURE

GUARDIAN'S SIGNATURE (if lifter is less than 18 years of age)