**2020 USAWA NATIONAL**

 **CHAMPIONSHIPS**

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| Meet Director:  | Frank Ciavattone |
|    |   | Phone: 508-801-6279 Email: fdc2955@aol.com  |
| Meet Date:  |   | Saturday, June 27th, 2020 |
|    |   | 10:00 AM – 4:00 PM  |
| Location:  |   | Athletic Republic  |
|    |   | 290 Vanderbilt Ave.Norwood, MA 02062 |
| Sanction:  |   | United States All-Round Weightlifting Association.  |
|   |   |   |
| Weigh-ins:   |   | 8:30-9:30 AM the day of the meet. Lifting will start at 10:00 AM  |
| Divisions:   |   | All USAWA specified classes and divisions represented.  |
| Awards:   |   | Championship Awards for Class Champions. Best Lifter Certificates for Best Lifters.  |
| Entry Fee:   |   | $90 (nonrefundable) - Check Payable to “Frank Ciavattone”This fee includes entry, t-shirt, & banquet.  |
| Lifts:  |  | Snatch – One ArmContinental to Chest and Jerk |

 Deadlift – 1 Arm

 Pullover and Press

 Deadlift – Ciavattone Grip

Banquet: A banquet with award presentations will occur following the meet at 6:30 PM. Banquet details will be released later

Rules: USAWA General Rules and Scoring Apply.

 **This event will be drug tested.**