**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. |
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| 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 Arm  Continental 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.**