

# 2021 USAWA NATIONAL CHAMPIONSHIPS

- Meet Director: Al Myers  
Phone: 785-479-2264 Email: [bluestemvet@tctelco.net](mailto:bluestemvet@tctelco.net)
- Meet Date: Saturday, June 19<sup>th</sup>, 2021  
10:00 AM – 5:00 PM
- Location: Dino Gym  
1126 Eden Road, Abilene, KS 67410
- Sanction: United States All-Round Weightlifting Association.
- Weigh-ins: 9:00-10:00 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: \$50 (nonrefundable)  
This fee includes entry, t-shirt, lunch, & refreshments.
- Lifts: Curl – Cheat  
Snatch – 1 Arm  
Clean and Press – Heels Together  
Deadlift – Fulton Bar, Ciavattone Grip  
Deadlift – 1 Arm
- Banquet: A banquet with award presentations will occur following the meet at 6:30 PM. Donations will be accepted for the meal.
- Rules: USAWA General Rules and Scoring Apply.  
  
This will be a **DRUG TESTED** event.
- Registration: Send entry form and entry fee to Al Myers, 1126 Eden Road, Abilene, Kansas 67410. Email: [amyers@usawa.com](mailto:amyers@usawa.com)

# Entry Form for National Championships

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: Male / Female

Are you a current member of the USAWA? YES / NO

Current USAWA membership is required

Weight Class: \_\_\_\_\_ Age Class: \_\_\_\_\_

T-shirt Size: \_\_\_\_\_

Division/Weight Class Entered \_\_\_\_\_

*Waiver: In consideration of accepting my entry, I release all claims for damages, losses, and injuries that I may hold against the USAWA, Al Myers, Dino Gym, and all other officials and assistants that may occur while participating in this event on June 19<sup>th</sup>, 2021 I understand that this event will be drug tested and I will avail myself to the officials if I am selected for testing and not hinder them in the execution of their duties.*

SIGNATURE \_\_\_\_\_

Parent Signature \_\_\_\_\_

(if under 18 years of age)

**ENTRIES WILL BE LIMITED TO THE  
FIRST 15 ENTRIES RECEIVED**