

## **MEET ANNOUNCEMENT**

Mini meet  
Colorado Springs CO  
July 8th, 2024

I will be in the Springs for a few days. Since I have a short time to put on a meet, I am forced to limit the amount of lifters I have time to judge. Thus, this meet is open only to local lifters who otherwise don't have access to an official.

### **MEET DETAILS:**

**Director:** RJ Jackson

**Date:** July 8, 2024

**Officials:** 1-official system used

**Eligibility:** For local USAWA lifters who don't have access to an official meet.

**Age Group:** Open

**Sanction:** USAWA (Membership is required for 2024 year)

**Weigh-ins:** begins at 7:00 AM morning of the meet

**Deadline:** June 13th (1 week). Contact RJ Jackson on USAWA FB for entry form and details.

**Awards:** Certificates.

**Entry fee:** It is the lifter's responsibility to gain entry into the facility by paying entry fees and agreeing to be personally bound by the facilities terms and conditions.

**Lifts:** Bench Press—Roman Chair, Side press-L&R, Anderson Press, Kennedy Lift.

**Meet details & entry form:** Contact RJ Jackson through the USAWA facebook messenger.

A record session will follow or be held on the next day depending on the amount and consensus of lifters.