

2010 SUBWAY® Washington Games Weightlifting Championships
Thrush Sports Performance Center, Sumner, Washington
July 10, 2010

Session #1	56 – 85kg Men	Weigh-In @ 8:00 am	Competition @ 10:00am
Session #2	All Women	Weigh-In @ 11:00 am	Competition @ 1:00 pm
Session #3	94 - +105kg Men	Weigh-In @ 1:30 pm	Competition @ 3:30 pm

***Schedule subject to change, depending on distribution of entries received**

Awards:	Top 3 Awards for each weight class. (Male and Female) JR and Open- Masters
Fee:	\$40 OPEN/MASTER AND \$25 JUNIOR
Entry Deadline:	Jul 3, 2010 (Late entries accepted for a \$60 Late Fee. <i>No guarantee of award.</i>) Payment must be received with entry postmarked by 7/3/10 or emailed. Any payment day of meet will include late fee. (<i>exception: Canadians</i>)
Mail Entries to:	TSPC 1627 45th St E, Suite. 102, Sumner WA 98390
Questions:	1-253-335-6883 Info at CalpainsJTT@aol.com
Make Checks Payable to:	TSPC <i>(We also take credit cards. See bottom of entry for info)</i>
Rules:	The latest IWF rules will govern the competition. Must provide proof of current USAW membership or pay for new membership day of meet.

Please Print Clearly

Name:	
Address:	
City, State, Zip Code	
Phone:	
Email:	<input type="checkbox"/> Please add me to the meet email list
	REQUIRED: INCLUDE COPY OF USAW CARD or BCWA CARD
USAW Membership #:	Club:
Male: <input type="checkbox"/> Weight Class: <56 <input type="checkbox"/> 56 <input type="checkbox"/> 62 <input type="checkbox"/> 69 <input type="checkbox"/> 77 <input type="checkbox"/> 85 <input type="checkbox"/> 94 <input type="checkbox"/> 105 <input type="checkbox"/> 105+ <input type="checkbox"/> Female: <input type="checkbox"/> Weight Class: <48 <input type="checkbox"/> 48 <input type="checkbox"/> 53 <input type="checkbox"/> 58 <input type="checkbox"/> 63 <input type="checkbox"/> 69 <input type="checkbox"/> 75 <input type="checkbox"/> 75+ <input type="checkbox"/>	
<input type="checkbox"/> Junior (17-20) <input type="checkbox"/> Senior/Open (21+) <input type="checkbox"/> Master (35+)	
Date of Birth:	Best Competition Total:

In consideration of my entry in the 2010 SUBWAY® Washington Games Weightlifting Championships, I hereby waive all rights and claims against the Washington LWC, the Calpian Weightlifting Club, TSPC, competition directors, employees, volunteers, and any sponsors of the competition for any injuries I may suffer at the above advertised competition. I understand that I will not be allowed to lift without proof of USAW Membership or Canadian Weightlifting Membership. (USAW Proof may be obtained online by registering at <http://weightlifting.usoc.org>)

Competitor Signature: _____ **Date:** _____

Signature of Parent or Guardian:
(If competitor is under 18 years of age)

We accept credit cards! Circle: **AmEx Visa MC Discover**

Name as printed on card: _____

Card #: _____ **Exp. Date:** _____

Sec. Code on back of Card: _____ **Amount:** _____