

LOCK AND LOAD WEIGHTLIFTING INVITATIONAL

Sponsored by Spoon Barbell Club

Sanctioned by USA Weightlifting

Date: May 8, 2010

Place: Van Alstyne Fine Arts and Convention Center

1419 County Rd. 377, Van Alstyne Texas 75495

Meet Directors: Tom Witherspoon, Richard Flemming and Larry Childress

Head Referee: Grand Master - Gary Deal

Weigh-in: Women and 56,62,69 & 77 kg Classes-----11:00 am to 12:00 noon

85, 94, 105 & 105+ Classes----- 1:00 p.m. to 2:00 p.m.

Lifting Begins: Women and 56,62,69 & 77 kg Classes ----- 1:00 p.m.

85, 94, 105 & 105+ Classes----- 3:00 p.m.

Awards: Medals for top three in masters division (age and weight class) and top three in each weight class for open women and men.

Entry Fee: \$20.00 open men, open women, teenage men, teenage women and Masters

“NO LATE ENTRIES WILL BE ACCEPTED” – No excuses and no calls. Send all entries by certified (PS Form 3800) and Return Receipt (PS form 3811). Must have a current U.S. A. Weightlifting Card. This will be checked at weigh-in, “no card no weigh-in. *The class you enter is the class you may lift in*** No jumping of classes. Anyone not making the weight entered will lift as an extra.**

Entry Deadline: April 20, 2010.

Rules: USA Weightlifting/IWF rules to govern.

Mail entry and entry fee to Tom Witherspoon (made payable to Tom Witherspoon), 1030 E. Beltline Road, Richardson, Texas 75081.

Questions: contact Richard Flemming @ (972)517-7267 or email: otto47@yahoo.com

Lock and Load Invitational – 2010

Name _____, Address _____

Email address: _____

Weight Class _____ kg, Age _____ Phone # _____

Division entered: Open Men ____, Open Women ____, Under 20 Men ____, Under 20 Women ____
Masters Men _____, Masters Women _____

Birth Date _____ USAW # _____, Best Total in this Division _____