

Southern MN High School Open Saturday Jan 14th, 2012

Location: Cannon Falls High School Fieldhouse

Lifts contested: Snatch and Clean & Jerk - USAW rules

Eligibility: USA Weightlifting Members (You can purchase membership on site.)

Age is year born subtracted from current year. Ex. 2012-1995=17.

Schoolage fee is \$25 and Junior fee is \$35. **Nationally schoolage is 17 and under.**

In Minnesota we now refer to the schoolage lifters as **Junior Varsity or JV** and the Junior lifters as **Varsity.**

Sanction: Minnesota Weightlifting #30-12-01

Sponsor: Cannon Falls Weightlifting

Categories	Weigh-In	Lift
JV (Junior Varsity) or Schoolage Girls 44-69+, Boys 50-94+	7-8 AM	9 AM
All Varsity or Juniors Girls 48 – 75+, Boys 56 – 105+	10-11 AM	12 PM

This will be a THREE platform meet!

Awards: Medals to top 3 places in each class. Plaques to top Varsity Team (combined men's and women's), and top Junior Varsity Team.

Entry fee: \$19 if postmarked by **Mon. Jan 9th.**

**In Minnesota – Junior Varsity (schoolage) is 16 and under, Varsity (junior) is 17 and up.*

Mail to: Scott Safe Weightlifting Coach
Cannon Falls High School
820 East Minnesota Street
Cannon Falls, MN 55009

Make checks payable to Team Cannon Weightlifting Club.

Two forms of I.D. required: USAW card; and driver's license, passport, birth certificate, etc. are acceptable.

Check-in: Upon arrival check in with documents at the lifter check-in table.

Keep top part, mail in lower section.

Southern MN High School Open Entry Form

Class _____ Kg. USAW # _____ Sex M F Date of Birth _____

Age Group: Junior Varsity (Schoolage, 16 & under in 2012) _____ Varsity (Junior, age 17 & older in 2012) _____

Name _____ (Please print)

Address _____

City _____ State _____ Zip _____

Telephone _____ Cell phone _____ Team _____

I do not hold the USAW, Minnesota Weightlifting, ISD #252, Team Cannon Weightlifting, it's coaches or sponsors liable for damages, injuries or losses suffered by me in this meet.

Signature _____ **Athlete**
Signature _____ **(parent must sign if minor)**