

# Lakeville Open, Last Chance Meet

## February 26<sup>th</sup>, 2011 – Kenwood Trail Middle School

Location: **Kenwood Trail Middle School**  
19455 Kenwood Trail (Hwy 50)  
Lakeville, MN 55044

Lifts: Snatch and Clean & Jerk, 2 Platforms  
(USA Weightlifting Rules)

Eligibility: Must be a current high school or  
middle school student and must be a  
member of USA Weightlifting.  
**(You may purchase a membership card  
at the meet.)**

Sanction: Minnesota Weightlifting # 30-11-04

Sponsor: **Lakeville South Strength**

Awards: Medals for the top three places in each  
Weight class.

Mail Entry to: Lakeville South High School  
Attn: Bob Currie  
21135 Jacquard Ave S.  
Lakeville, MN 55044

Entry Fee: \$17.00 per individual. Must be postmarked by **Feb 21<sup>st</sup> 2011**. There will be a **\$15.00 late fee** for any  
entry postmarked after **Feb 21<sup>st</sup> 2011**. ***Make check out to: Lakeville South Strength***

Questions : Contact Bob Currie 952-232-3478  
email bcurrie@isd194.k12.mn.us

**2 Sessions**  
**Schedule of Events:**  
**MN High School Categories:**  
**JV Girls (16 & Under)**  
44, 48, 53, 58, 63, 69, 69+ KG  
**Varsity Girls (17-20)**  
48, 53, 58, 63, 69, 75, 75+ KG  
Weigh-in = 7:00-8:00 am  
Lifting Begins = 9:00 am

**JV Boys (16 & Under)**  
50, 56, 62, 69, 77, 85, 94, 94+ KG  
**Varsity Boys (17-20)**  
56, 62, 69, 77, 85, 94, 105, 105 + KG  
Weigh-in = 10:00-11:00 pm  
Lifting Begins = 12:00 pm

\* Age is determined by subtracting birth year from  
current year.  
Example: 2011 – 1995 = 16

**Times subject to change based on  
entries received.**  
Min. Opening wt. = 10 Kg  
5Kg Pendlay bar w/2.5 Kg plates+spring collars

***\*Concessions Available!!!***

### Entry Form - Lakeville Open, Last Chance Meet

Weight Class: \_\_\_\_\_Kg.      Gender: Male    Female      USAW# \_\_\_\_\_

Date of Birth: \_\_\_\_\_      Age Group:    School age    Junior

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

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

City: \_\_\_\_\_      State: \_\_\_\_\_      Zip: \_\_\_\_\_

I do not hold USA Weightlifting, Minnesota Weightlifting, ISD #194, or the Lakeville South Strength Weightlifting Club, it's coaches, sponsor or volunteers liable for damages, injuries, or losses suffered by me in this meet.