**2012 Lock And Load**

**OFFICIAL ENTRY FORM**

**DATE:** May 19th, 2012

**TIME:** \*Finalized meet information and schedule will be

e-mailed to competitors.

**VENUE** World Famous Van Alstyne Fine Arts And Convention Center  
1419 County Rd. 377 (Jackson Rd)  
Van Alstyne, TX, USA

**SANCTION NUMBER: Pending**

**MEET DIRECTOR:** Richard Flemming – Otto47@verizon.net 972-517-7267

**ENTRY FEES:** $33

**CHECK PAYABLE TO:** Spoon Barbell Club

*Please complete and detach the entry form portion and return it to the address given below*

**MAIL TO:** Richard Flemming

2044 Brabant Drive

Plano, TX 75025

**ENTRY DEADLINE: ALL MEET FEES MUST BE POSTMARKED BY May 5, 2012 – LATE ENTRY FEES WILL NOT BE ACCEPTED AND ENTRY FEES WILL NOT BE ACCEPTED AT WEIGH-INS**

**AWARDS:**

1st - 3rd for each weight class in Junior and Schoolage for Males and Females.

1st - 3rd for each weight class for all Open Men

1st - 3rd for each weight class for all Open Females

1st - 3rd of all Masters Males using Sinclair and Malone-Meltzer Coefficients

1st - 3rd of all Masters Females using Sinclair and Malone-Meltzer Coefficients

Up to $400 for lifters in the invitational event

**PROOF OF USA WEIGHTLIFTING REGISTRATION AND AGE REQUIRED AT WEIGH IN:** All participants are **REQUIRED** at weigh-in to produce a PICTURE ID (for those 16 and older) and a **current USA WEIGHTLIFTING MEMBERSHIP CARD**. Membership renew will not be provided at the contest. Renewals must be completed through the National Office or [www.usaweightlifting.org](http://www.usaweightlifting.org), prior to the competition.

**2012 Lock And Load OFFICIAL ENTRY FORM**

WEIGHT CLASS: \_\_\_\_\_\_\_\_KG CIRCLE ONE: OPEN JUNIOR YOUTH MASTERS

NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ USAW #\_\_\_\_\_\_\_\_\_\_

(Last) (First) (Middle)

Athlete’s Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ADDRESS:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

CITY:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ STATE:\_\_\_\_\_\_\_ ZIP:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PHONE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ E-MAIL:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

AGE:\_\_\_\_\_\_\_ DOB:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

COACH: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Best recent sanctioned total: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Personal Records: Snatch ­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_ Clean and Jerk­­­­­­­­­­­\_\_\_\_\_\_\_\_\_Total\_\_\_\_\_\_\_\_\_\_\_\_

Fun Fact about you (optional)­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

T Shirt Size: XXL\_\_\_\_ XL\_\_\_\_L\_\_\_\_M\_\_\_\_\_S\_\_\_\_\_\_\_\_\_\_

**\***Meet T Shirts are included in your entry fee. Please specify on your size on the entry form.

**AMT PAID**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I agree by signing this form for the 2012 Lock And Load Championships that I will abide by all of the rules of USA Weightlifting (USAW) and the North Texas LWC (NTLWC). I will not hold responsible USAW, the NTLWC, Spoon Barbell Club, the Officials and Organizers of this event or the Van Alstyne Fine Arts and Convention Center for any injuries that may happen to me while competing in, or while traveling to and from this event.

Athletes under 18 years of age must have the following section completed by a parent or guardian

I have explained to my son/daughter the aforementioned releases and conditions and their ramifications and I further consent to his/her registration for this USA Weightlifting activity under the above stipulated conditions.

SIGNATURE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_DATE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PRINTED NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Parent or Guardian)

**IF YOU ARE UNDER 18 YEARS AND YOU HAVE FAILED TO HAVE YOUR PARENT OR GUARDIAN SIGN THIS RELEASE, YOU WILL NOT BE PERMITTED TO LIFT or COMPETE**