

## The North Texas LWC

*Presents the*

# 2013 Texas State Weightlifting Championship and Open

**Saturday, January 19 and  
Sunday, January 20  
Frisco Athletic Center**

The North Texas LWC has joined forces with Texas Amateur Athletic Federation (TAAF) and the City of Frisco to bring the 2013 Texas State Weightlifting Championships and Open to the 2013 version of the Winter State Games of Texas.

We will award first, second, and third place prizes for all weight classes across all divisions. We will also award the best Male/Female lifter based on Sinclair/Meltzer formulas. In addition to individual awards, an award will be up for grabs for the best team.

There are two hotels that will offer a discounted rate for this weekend.

Hampton Inn & Suites Legacy Park-Frisco  
3199 Parkwood Boulevard, Frisco Texas 75037 (2.4 miles from FAC)  
972-712-8400 - Rate is \$89/night which includes breakfast  
Code is Winter Games

Embassy Suites in Frisco  
7600 John Q Hammons Drive, Frisco, TX 75034 (4.1 miles from FAC)  
972-712-7200 – Rate of \$99/night which includes breakfast  
Code is TAAF Winter Games Rate

Online registration is available now. Please visit our Web site at:

<http://2013TexasStateWeightliftingChampionships.eventbee.com>



## Frisco Athletic Center

**5828 Nancy Jane Lane  
Frisco, TX 75035**

**Contact:**

**Dutch Lowy – [Dutch@BlackBoxFW.com](mailto:Dutch@BlackBoxFW.com)**

**Robert Sirkis – [RobertSirkis@hotmail.com](mailto:RobertSirkis@hotmail.com)**

**<http://2013TexasStateWeightliftingChampionships.eventbee.com>**

# 2013 Texas State Weightlifting Championships And Open

## OFFICIAL ENTRY FORM

<http://2013texasstateweightliftingchampionships.eventbee.com>

**DATE:** January 19 – 20, 2013

**TIME:** \*Finalized meet information and schedule will be  
E-mailed to competitors and available online.

**VENUE** Frisco Athletic Center  
5828 Nancy Jane Lane  
Frisco, Texas 75034

**SANCTION NUMBER: TBD**

**MEET DIRECTOR:** Dutch Lowy – [Dutch@blackboxfw.com](mailto:Dutch@blackboxfw.com) Robert Sirks – [RobertSirkis@hotmail.com](mailto:RobertSirkis@hotmail.com)

**ENTRY FEES:** \$33 (Early Registration Discount Available online. [2012copperhead.eventbee.com/](http://2012copperhead.eventbee.com/) )

**CHECK PAYABLE TO:** North Texas LWC

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

**MAIL TO:** Dutch Lowy  
3518 W Vickery Blvd  
Fort Worth, TX 76107

**ENTRY DEADLINE: ALL MAILED IN MEET FEES MUST BE POSTMARKED BY JANUARY 5, 2013 – ONLY ONLINE REGISTRAION WILL BE AVAILABLE AFTER JANUARY 1, 2013. TEAM ENTRY IS ONLY AVAILABLE ONLINE.**

### **AWARDS:**

1st - 3rd for each weight class in Junior and Youth 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

1st - 3rd of all Masters Females

Prizes awarded to best overall Male and Female lifters.

Best Team.

**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 renewal will not be provided at the contest. Renewals must be completed through the National Office or [www.usaweightinglifting.org](http://www.usaweightinglifting.org), prior to the competition. You will be allowed to lift if you do not make weight; however, you may not be eligible for any awards.

**2013 TEXAS STATE WEIGHTLIFTING CHAMPIONSHIPS AND OPEN 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: \_\_\_\_\_

CLUB: \_\_\_\_\_

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 indicate the number of each size you need.

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

I agree by signing this form for the 2013 Texas State Weightlifting Championships And Open 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, the Officials and Organizers of this event or the Frisco Athletic 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**