



JustLift (W)Inter-Club Weightlifting Meet
SATURDAY, FEBRUARY 28, 2015
OTTAWA ONTARIO

- PLACE:** JustLift Weightlifting Club - 895 Churchill Avenue South, Ottawa
- TIME:** Lifting starts at 11:00 a.m. First weigh-in will be at 9:00 a.m.
Start list and session times will be posted on the OWA website
By Monday February 23.
- ELIGIBILITY:** Registered members of following Ontario Weightlifting Association clubs:
JustLift
Bytown Barbell Club
Closer Barbell Club
Cornwall Weightlifting Club
Dynamo Barbell
Flynn Training Systems
NCR Barbell Club
Ottawa Elite
Physics Elite
- SANCTIONED:** By the Ontario Weightlifting Association
- LIFTS** Snatch and Clean and Jerk
- CATEGORIES:** Men's: 56, 62, 69, 77, 85, 94, 105, 105+
Women's – 48, 53, 58, 63, 69, 75, 75+
- ENTRY FEE:** \$30.00 per athlete
- DEADLINES:** Absolutely no entries will be accepted after Tuesday, February 17.
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**JustLift (W)Inter-Club Weightlifting Meet
Entry form**

NAME _____

ADDRESS _____

POSTAL CODE _____

PHONE (_____)_____

E-MAIL _____

GENDER (circle) **MALE** **FEMALE**

WEIGHT CLASS _____ kgs

BIRTHDATE **Day** ____ / **Month** ____ / **Year** ____

CLUB _____

COACH _____

WAIVER

In consideration of your acceptance of this entry I hereby intend to be legally bound for myself, my heirs, executors or administrators. I waive and release any and all rights and claims for damages I may have against: the OWA, and the JustLift Inc., or the Directors, Representatives, and Successors, and/or Assigns and Sponsors of this contest, for any and all injuries suffered by me at this contest.

SIGNATURE _____

Entry Fee: \$30

Make cheques payable to "JustLift Inc."