



2019 Pony Express Weightlifting Championship



Date: Saturday, January 12

Place: InterServ Community Center, 5400 King Hill Avenue, St. Joseph, MO

Entry Fee: \$25.00 School Age, \$30.00 for Junior, \$35.00 for Open & Master
Make checks payable to InterServ

Deadline: Must receive in hand before January 5. **Extra \$20 Fee after January 5.**

Meet Director: Dennis Snethen - Wesley Weightlifters - e-mail: snethen@stjoelive.com

Sanction: MO Valley local LWC & USAW

Rules: Current USA/IWF rules apply only current registered members are eligible.

Awards: Male and female best lifter awards for 11-under, 12-13, 14-17, 18-34 and Masters

Divisions/Weight Classes (kilos)

Youth boys	27, 32, 36, 39, 44, 49, 55, 61, 67, 73, +73 81, 89, 96, 102, +102	<i>For 11-under, 12-13 weight classes only</i>
Youth girls	27, 33, 36, 40, 45, 49, 55, 59, 64, +64, 71, 76, 81, +81	<i>For 11-under, 12-13 weight classes only</i>
Junior/Senior/Masters men	55, 61, 67, 73, 81, 89, 96, 102, 109, +109	
Junior/Senior/Masters women	45, 49, 55, 59, 64, 71, 76, 81, 87, +87	

Schedule:

Session 1	All Boys and Girls 11-under, 13-under	Weigh in 7:30 a.m.	Lift 9:30 a.m.
Session 2	Boys and Girls Youth – 14-17, Junior 18-20	Weigh in 10:00 a.m.	Lift 12 noon
Session 3	Men and Women – Masters/Open	Weigh in 1:00 p.m.	Lift 3:00 p.m.

Schedule is subject to change. We will call if schedule changes (Questions – dsnethen@interservstjoe.org)
Mail entries to InterServ, PO Box 4038, St. Joseph, MO 64504-0038 (Attn: Youth)

ENTRY FORM

Name	Male	Female	Wt Class	USAW#	Club
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Address:

e-mail:	Year of Birth:	Age Group
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Cell Phone:	Coach's cell phone:
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In consideration of your accepting this entry, I hereby for myself, executors and administrators waive and release any and all rights and claims for damages I may have against the patrons of this meet, Interfaith Community Services, (Wesley Weightlifters), USAW, MO Valley Weightlifting Committee for any and all injuries that may be suffered by me in connection with my competition in this meet.

Lifter's Signature	Parent Signature (if lifter is under 18) 2019 Pony Express	Date
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