



2018 Rodger DeGarmo Memorial Weightlifting Championship



Date: Saturday, September 8th

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 September 1st. **Extra \$20 Fee after September 1.**

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

Sanction: MO Valley local LWC & USAW - #28-18-151758

Rules: Current USA/IWF rules apply only current registered members are eligible.
No day of meet USAW registration.

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, 31, 35, 39, 44, 49, 55, 61, 67, 73, 81, 89, 96, 102, +102 *For 11-under, 12-13 weight classes only*

Youth girls 27, 31, 35, 40, 45, 49, 55, 59, 64, 71, 76, 81, +81 *For 11-under, 12-13 weight classes only*

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 1A	Youth boys/girls 11-under, 13-under, all classes	Weigh in 7:30 a.m.	Lift 9:30 a.m.
Session 1B	Masters/Junior men – 55, 61, 67, 73, 81	Weigh in 7:30 a.m.	Lift 9:30 a.m.
Session 2A	Youth boys, 14-17, all classes	Weigh in 10:00 a.m.	Lift 12 noon
Session 2B	Youth women 14-17 all classes, Masters women all classes	Weigh in 10:00 a.m.	Lift 12 noon
Session 3A	Junior/Senior women – 45, 49, 55, 59, 64, 71	Weigh in 12:30 p.m.	Lift 2:30 p.m.
Session 3B	Junior/Senior men – 55, 61, 67, 73, 81	Weigh in 12:30 p.m.	Lift 2:30 p.m.
Session 4A	Senior women – 76, 81, 87, +87	Weigh in 3:00 p.m.	Lift 5:00 p.m.
Session 4B	Junior/Senior men – 89, 96, 102, 109, +109	Weigh in 3:00 p.m.	Lift 5:00 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

ENTRY FORM

Name _____ Male _____ Female _____ Wt Class _____ USAW# _____ Club _____

Address: _____

e-mail: _____ Year of Birth: _____ Age Group _____

Cell Phone: _____ Coach's cell phone: _____

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)
2018 DeGarmo

Date