



# Texas State



# Weightlifting Championships

**Date:** Saturday & Sunday, January 28-29, 2006

**Sanction:** USA Weightlifting #26-06-01

**Location:** Midwestern State University, Sikes Lake Center, Wichita Falls, Texas

(between the president's house and the lake on L.J. Rodriguez Drive)

**Rules:** USA Weightlifting/ IWF rules to govern

**Meet Director:** Dr. Lon Kilgore and Mark Rippetoe

**Contest lifts:** Snatch and the Clean & Jerk

**Sponsors:** MSU Weightlifting, MSU Kinesiology, Wichita Falls Weightlifting, Wichita Falls Athletic Club

**Eligibility:** All athletes must be registered with USA Weightlifting. Must have evidence of Texas residency to compete for state titles. Open competition is open to any USAW member.

Proof of registration is required at weigh-in. Forms will be available on site

**Entry Fee:** \$25.00 individual \$40 team

**Checks payable to:** Wichita Falls Weightlifting, Inc.

**Entry Deadline:** All entries must be postmarked by January 14, 2006

**Weight Classes:** 10 Men's Classes – 44, 51, 56, 62, 69, 77, 85, 94, 105, over 105 kilograms

9 Women's Classes – 39, 44, 48, 53, 58, 63, 69, 75, over 75 kilograms

**Awards:** Plaque for 1st place in open competition for each class

Medals for 2<sup>nd</sup> and 3<sup>rd</sup> for open competition for each class

Plaque for Texas State Champion (resident) for each class

Medal for top three Masters for each class (no individual age groups, determined by formula points)

Medal for top three juniors in each class

Best Lifter Awards for Men and Women's Open Competition (Plaque)

Best Lifter Awards for Men and Women's Junior Competition (Plaque)

Best Lifter Awards for Men and Women's Masters Competition (Plaque)

Team Award for Open Competition (Plaque)

Saturday Sessions	Weigh-in	Lifting	Weight Classes
1	8:00 to 9:00 a.m.	10:00	Men's 44, 51, and 56 kg classes
2	10:00 to 11:00 a.m.	12:00	Women's 39, 44, 48, 53, and 58 kg classes
3	12:00 to 1:00 p.m.	2:00 p.m.	Men's 62 and 69 kg classes
4	2:00 to 3:00 p.m.	4:00 p.m.	Men's 77 and 85 kg classes
<b>Sunday Sessions</b>			
5	8:00-9:00 a.m.	10:00 a.m.	Women's 63, 69, 75 and 75+ kg classes
6	10:00 to 11:00 a.m.	12:00 a.m.	Men's 94 kg class
7	12:00 to 1:00 p.m.	2:00 p.m.	Men's 105 kg class
8	2:00 to 3:00 p.m.	4:00 p.m.	Men's 105+ kg class

Name \_\_\_\_\_ Male/Female Weight Class \_\_\_\_\_

Address \_\_\_\_\_  
 Street City State ZIP

Telephone \_\_\_\_\_ Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ USAW # \_\_\_\_\_

Team representing \_\_\_\_\_ Coach \_\_\_\_\_

In consideration of your accepting this entry, I hereby for myself, executors, and administration waive and release any and all rights and claims I may have against the patrons of this meet, Midwestern State University and its employees, Midwestern State University Weightlifting, Wichita Falls Weightlifting, Inc., USA Weightlifting, North Texas LWC, and the Wichita Falls Athletic Club for any and all injuries that may be suffered by me in connection with my participation in this competition.

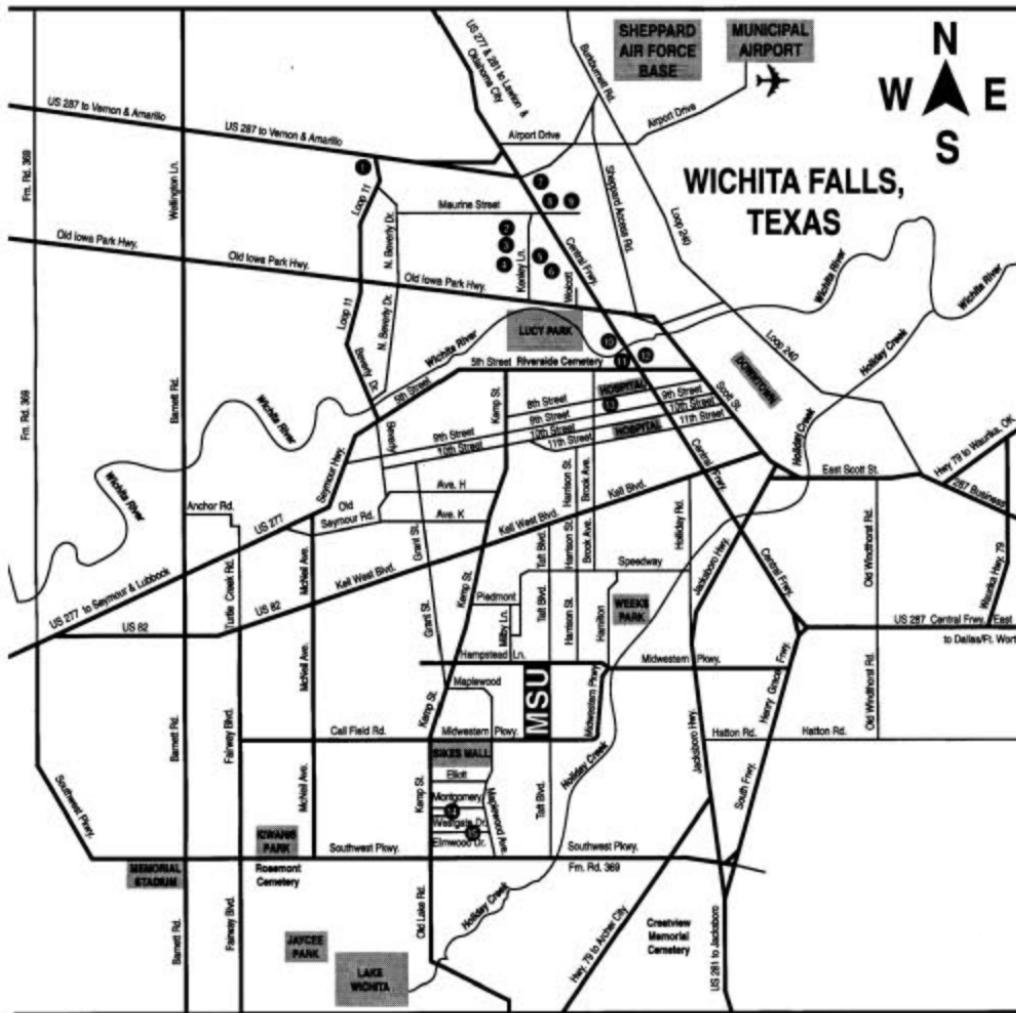
Signature (parent must sign if a minor) \_\_\_\_\_

Date \_\_\_\_\_

**Mail entries by 1/14/2006 to:** Dr. Lon Kilgore, 221 Ligon Coliseum, Midwestern State University, Wichita Falls, TX 76308

Information: Lon Kilgore (940) 397-4715  
 lon.kilgore@mwsu.edu

Mark Rippetoe (940) 696-0829  
 torshammar@aol.com



1. Ramada Ltd.	3209 Northwest Frwy.	(940) 855-0085	9. Comfort Inn	1750 Maurine St.	(940) 322-2477
2. LaQuinta Inn	1128 Central Frwy.	(940) 322-6971	10. Radisson	100 Central Frwy.	(940) 761-6000
3. Hampton Inn	1317 Kenley	(940) 766-3300	11. Econo Lodge	400 N. Brook	(940) 761-1889
4. Super 8 Motel	1307 Kenley	(940) 322-8880	12. Holiday Inn	401 Broad	(940) 766-6000
5. Red Roof Inn	1032 Central Frwy.	(940) 766-6881	13. Best Western	1601 8th St.	(940) 322-1182
6. Rodeway Inn	1015 Wolcott Ln.	(940) 761-3400	14. Fairfield Inn	4414 Westgate Dr.	(940) 691-1066
7. Kings Inn	1211 Central Frwy.	(940) 723-5541	15. Hawthorn Suites	1917 N. Elmwood	(940) 692-7900
8. Motel 6	1812 Maurine St.	(940) 322-8817			

*If you have any questions, please call the Admissions Office at (940) 397-4334 or 1-800-842-1922.*

ADM-112 Revised 5/01

Econo-Lodge - 1700 5<sup>th</sup> Street at 400 N. Brook - Texas State Rate is \$39.99 for 2 and \$52.99 for 4 people.