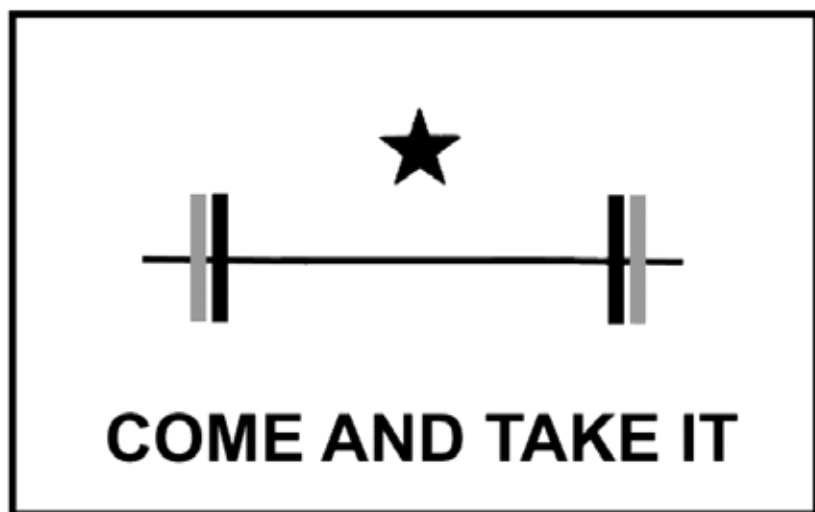


LIBERTY 2011

North Texas Weightlifting Meet

July 9, 2011



Date: July 9, 2011

Sanction: (pending)

Location: [WFAC](#)

3118 Buchanan St
Wichita Falls, TX 76308

Rules: USAW Weightlifting/IWF Rules.

Meet Director: Stef Bradford

Lifts: Snatch, Clean & Jerk

Sponsors: [Bone Unit](#) & [WFAC](#)

Eligibility: All athletes registered with USAW in the North Texas LWC are eligible. **Lifters outside the North Texas LWC are by invitation only.** Space is limited and can only be expanded with active participation in running the meet. Prospective judges and loaders should contact stef@startingstrength.com so we can organize and include as many people as possible.

Weight Classes: men's 56, 62, 77, 85, 94, 105, 105+
women's 48, 53, 58, 63, 69, 75, 75+

Weigh In/Lifting: 1PM, lifting 3PM

***extra sessions will be added as
needed after this session

Entry Fee: \$20

Entry Mailing Deadline: June, 21 2011

Awards: Award for 1st-3rd in each weight class. T-shirts for all competitors, meet announcer, judges and loaders.

Liberty Open 2011 Entry Form

Name: _____ Male/Female Weight Class: _____ Birthdate: _____
Address: _____ Telephone: _____
email: _____
Team: _____ Coach: _____ USAW#: _____

BRING YOUR USAW CARD TO WEIGH IN.

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 patrons of this meet, USA Weightlifting, N Texas LWC, Wichita Falls Athletic Club, and the Bone Unit for any and all injuries that may be suffered by me in connection with my participation in this competition.

Signature: _____ Date: _____
(parent must sign if a minor)

Mail entries to: Stef Bradford
c/o Wichita Falls Athletic Club
3118 Buchanan St, Wichita Falls, TX 76308
Info: Stef Bradford at stef@startingstrength.com