

2011 Norcal Open

WHEN: Sun, May 22nd, 2011

WHERE: FIT BBC,
600 Fremont Ave,
Los Altos, CA
94024

DIRECTOR: Rob Earwicker at (831 234 8096) rob@focusedtrainers.com or Dave Corbin at (650 823 1124)

ELIGIBILITY: Open to all current USAW Schoolage, Junior, Senior and Master Members. Must present valid USAW card or a membership printout at weigh-in. If not a current member, renew or obtain your USAW membership at <http://weightlifting.teamusa.org/membership-services/become-a-member> or you can sign up at the event.

NOTE: You cannot lift if you are not a current USAW member.

LIFTS: The Snatch and the Clean and Jerk.

RULES: USA Weightlifting rules apply. A one or two piece lifting suit that is close fitting and covers the trunk, but does not cover the knees or elbows is required.

ENTRIES ARE LIMITED TO 17 PER SESSION. ENTER EARLY

Competition Schedule

<u>SESSIONS BY WEIGHT CLASS</u>	<u>WEIGH INS</u>	<u>LIFTING BEGINS</u>
Women 48kg, 53kg, 58kg, 63kg	8:00 AM - 9:00 AM	10:00 AM
Men 56kg, 62kg, 69kg and 77kg	10:30 AM - 11:30 AM	12:30 PM
Women 69kg, 75kg, 75+kg	1:00 PM – 2:00 PM	3:00 PM
Men's 85kg, 94kg 105kg, and 105+kg	3:00 PM – 4:00 PM	5:00 PM

AWARDS: T-shirt for every entry. Awards: 1st to 3rd for every Male and Female Weight Class... Best lifter award for Masters, Junior and Senior (Sinclair) Top 5 team awards for teams of 3 males and 3 females from a club (Sinclair, declare lifters the morning of the meet)

ENTRY FEE: \$45 For all Senior and Master Lifters
\$25 For all School Age and Junior lifters
ENTRY FEE'S ARE NON REFUNDABLE!

MAIL ENTRY and entry fee to: (Make checks payable to California Weightlifting Fund or CWF)
C/O Rob Earwicker, 600 Fremont Ave, Los Altos, CA 94024

PARK FREE **FOOD:** Starbucks, Andronicos, (Deli market) walking distance.
www.NORCALOPEN.COM www.californiaweightlifting.org