

Norcal Open

- WHEN:** Sunday, May 3rd, 2009
- WHERE:** Focused Individual Training (FIT)
600 Rancho Shopping Center
Los Altos, CA 94022
- DIRECTOR:** Dave Corbin 650 823 1124 email: dbcornin@gmail.com
Rob Earwicker 831 234 8096 email: rob@focusedtrainers.com
- ELIGIBILITY:** Open to all USAW Members. **YOU MUST BRING YOUR USAW CARD OR A PRINTOUT OF YOUR MEMBERSHIP.** You can register or renew at the Meet through the USAW.
- LIFTS:** The Snatch and the Clean and Jerk.
- RULES:** USA Weightlifting rules apply. One piece lifting suit required or tight fitting Shorts and T-shirts that don't cover knees or elbows.

Competition Schedule

<u>WEIGHT CATEGORIES</u>	<u>WEIGH INS</u>	<u>LIFTING BEGINS</u>
Women.... 48kg, 53kg, 58kg, & 63kg	8:00 - 9:00 AM	10:00 AM
Men..... 56kg, 62kg, 69kg & 77kg	10:00 - 11:00 AM	12:00 PM
Women..... 69kg, 75kg & 75+kg	1:00 - 2:00 PM	3:00 PM
Men..... 85kg, 94, 105 & 105+ Kg	2:30 - 3:30 PM	4:30 PM

- ENTRY FEE:** \$45.00. \$25 for under 20 yrs old. **No more than 75 entries accepted.**
Late Entry Fee \$55, \$35 for juniors **Spectators Free**
- DEADLINE:** April 27th, 2009 (in possession at FIT or postmarked)
- AWARDS:** 1st, 2nd & 3rd for each Weight Class
Outstanding Male, Female, Junior Male, Junior Female, Masters Male, Masters Female and 3 Team awards **COMMEMORATIVE T-SHIRT TO ALL WHO ENTER.**

MAIL ENTRY form and entry fee to the address above. Entry form is available at:
www.norcalopen.com and www.lifftilyadie.com/pwa/schedule

CONCESSION: Drinks, energy bars, and fruit sold on site. Bagels, other sandwiches and Starbucks coffee within walking distance.