

NorCal Open Championships

- WHEN:** Sunday, May 25, 2008
- WHERE:** Focused Individual Training (FIT)
600 Rancho Shopping Center
Los Altos, CA 94022
- DIRECTOR:** DaveCorbin 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

WEIGHT CATEGORIES	<u>WEIGH INS</u>	<u>LIFTING BEGINS</u>
Men..... 56kg, 62kg, and 69kg	8:00 - 9:00 AM	10:00 AM
Women	10:30 - 11:30 AM	12:30 PM
Men..... 77kg and 85kg	1:00 - 2:00 PM	3:00 PM
Men..... 94, 105 & 105+ Kg	3:30 - 4:30 PM	5:30 PM

- ENTRY FEE:** \$45.00, \$25 for under 20 yrs old, (late \$55 and \$35) **Spectators Free**
- DEADLINE:** May 18, 2008 (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 Teams **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.liffttilyadie.com/pwa/schedule

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