**USAW LWC REFEREE CERTIFICATION**

**WHEN: Saturday. October 18 from 12-2 PM**

**Where: Trident Athletics**

**5206 South Tacoma Way**

**Tacoma, WA 98409**

**Fee: $50**

**Registration: Please email Michael Reams and Donna Hughes at:** [**emeraldcityweightlifting@gmail.com**](mailto:emeraldcityweightlifting@gmail.com)

**Please download the current rules from the IWF:** [**www.iwf.net**](http://www.iwf.net)**.**

**“They always said, if you give a lifter a bad lift you are taking away from the lifters who did it correctly.”**

**-Jim Schmitz**