

# Bill Starr Memorial Weightlifting Championship

and North Texas LWC Championships

**Date:** Saturday, March 3, 2007

**Sanction:** USA Weightlifting #26 (pending)

**Location:** Wichita Falls Athletic Club/ CrossFit Wichita Falls

3118 Buchanan

Wichita Falls, Texas

**Rules:** USA Weightlifting/ IWF rules to govern

Contest lifts are the Snatch and the Clean & Jerk

**Meet Director:** Stef Bradford

**Sponsors:** CrossFit Wichita Falls      The Aasgaard Company

MSU Weightlifting      Wichita Falls Athletic Club

**Eligibility:** All athletes must be registered with USA Weightlifting.

Proof of registration is required at weigh-in.

Forms will be available on site

**Entry Fee:** Individual entry - \$20.00

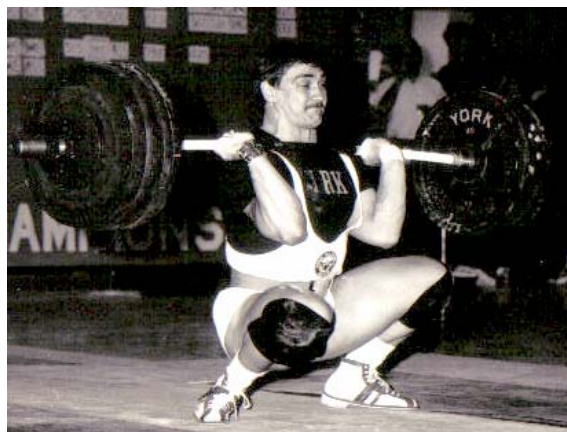
**Checks payable to:** "The Aasgaard Company"

**Entry Deadline:** All entries must be received by February 22<sup>nd</sup>, 2007

**Weight Classes:** 8 Men's Classes - 56, 62, 69, 77, 85, 94, 105, over 105 kilograms

7 Women's Classes - 48, 53, 58, 63, 69, 75, over 75 kilograms

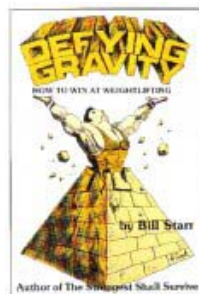
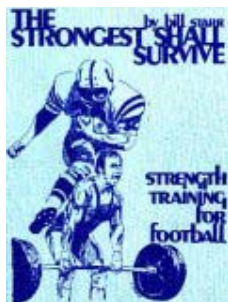
**Venue:** This is an outdoor event (weather permitting). Warm-up platforms are indoors at the Wichita Falls Athletic Club and the competition platform is outside WFAC in the outdoor training complex (20 yards from the warm-up area).



Session	Weigh-in	Lifting	Weight Classes (Contact the meet director 24-48 hours prior for changes in schedule)
1	8:00 to 9:00 a.m.	10:00	Men's 56, 62, 69, 77, 85
2	10:30 to 11:30 a.m	12:30	Women's 48,53, 58, 63, 69, 75, 75+
3	1:00 p.m. to 2:00 p.m	3:00 p.m.	Men's 94, 105, 105+

**Awards:** Cool awards for First, Second, and Third

Best Lifters (male and female) receive autographed copies of Bill Starr's two classic books  
 "The Strongest Shall Survive" and "Defying Gravity"



*The North Texas LWC business meeting will follow the completion of the competition and venue breakdown.*

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 CUT and RETURN with entry fee

Name \_\_\_\_\_ Male/Female \_\_\_\_\_ Weight Class \_\_\_\_\_

Address \_\_\_\_\_  
 Street \_\_\_\_\_ City \_\_\_\_\_ State ZIP \_\_\_\_\_

Telephone \_\_\_\_\_ Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ USAW # \_\_\_\_\_

Occupation \_\_\_\_\_ Team \_\_\_\_\_

Titles or Records held \_\_\_\_\_

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 the patrons of this meet, Midwestern State University, CrossFit Wichita Falls, Bone Unit, USA Weightlifting, North Texas LWC, the Wichita Falls Athletic Club and their associates and employees for any and all injuries that may be suffered by me in connection with my participation in this competition.

\_\_\_\_\_  
 Signature (athlete and parent must sign if a minor)

\_\_\_\_\_  
 Date

**Mail entries to:** Dr. Stef Bradford, 3118 Buchanan, Wichita Falls, TX 76308

Information: Stef Bradford & Mark Rippetoe (940) 696-0829  
 stef@aasgaardco.com torshammar@aol.com

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