**INDEPENDENCE DAYS OPEN 2018, Saturday, JUNE 30, 2018**

Place: CrossFit Mendota, 2535 Pilot Knob Road #122, Mendota Heights, MN 55120

 Please do not send entries to the above address.

Sponsor: Team Spartacus and CrossFit Mendota

Sanction: Minnesota Local Weightlifting Committee Number 30-18-111003

Eligible: Athletes must be either registered with USAW or CWF.

 **Present valid USAW card and picture ID at weigh in.**

 No changes to weight category after beginning of weigh in.

Lifts: The Snatch and the Clean & Jerk for a Total. USAW rules.

Schedule: CATEGORY WEIGH LIFT

 Men 56, 62, 69, 77, 85 8:00 AM 10:00 AM

 Women 48,53,58,63 10:00 AM 12:00 PM

 Men 94, 105, 105+ 12:00 PM 2:00 PM

 Women 69, 75, 90, 90+ 2:00 PM 4:00 PM

 **Note**: Schedule may change depending on number of entries.

Awards: Medals for 1st, 2nd, and 3rd Place Total in each weight category

 Best lifter $50 award 1 man and 1 woman (Sinclair)

Entry Fee: $45.00 US

**Deadline: Entries must be in or postmarked by midnight June 15, 2018**

**Entries will be cut off when we have 50 contestants. We want an athlete friendly contest.**

**Late entries NOT accepted and no refunds if one is entered and decides not to compete.**

**If we reach the limit, fees and entries after the cutoff will be returned.**

**Please include your USAW# with your entry. An entry without the USAW# will not be considered complete.**

Make checks payable to Derwin Weightlifting, LLC and send form below to Brian Derwin, 8035 Upper 145th Street West, Apple Valley, MN 55124

612-209-1584

brian.p.derwin@gmail.com

**Please include your USAW# with your entry. An entry without the USAW # will not be considered complete.**

Make checks payable to Derwin Weightlifting, LLC and send form below to Brian Derwin, 8035 Upper 145th Street West, Apple Valley, MN 55124 612-209-1584 brian.p.derwin@gmail.com

**Independence Days Open 2018, June 30, 2018**

Please print clearly. **Changes notified by email.**

**Name**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**USAW #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Expiration Date**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**email**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PLEASE PRINT THIS LEGIBLY**

**Date of Birth**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Gende**r\_\_\_\_\_\_\_\_\_\_\_\_ **Category**\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Address**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 City State

**Team**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Phone**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I do not hold the USAW, Derwin Weightlifting, LLC, or CrossFit Mendota liable for damages, injuries, or losses suffered by me in this contest.

Signature (parent must sign if minor)