

# TOMMY KONO OPEN - V

**LIFTING:** Saturday, AUGUST 7th, 2010

**WHERE:** Mel Lawson Theatre  
Sacramento High School  
2315 34th Street  
Sacramento, CA 95817

**DIRECTORS:** Dave Swanson (916) 768-9616 - eMail: [dswanson916@yahoo.com](mailto:dswanson916@yahoo.com)

**ELIGIBILITY:** Open to all USAW Members. Must present valid USAW card or a membership printout at weigh-in. If not a current member, renew or obtain your USAW membership at <http://weightlifting.teamusa.org/>.

**LIFTS:** The Snatch and the Clean and Jerk.

**RULES:** USA Weightlifting rules apply. A one or two piece lifting suit, that is close fitting and covers the trunk, but does not cover the knees or elbows is required.

## Competition Schedule

<u>WEIGHT CATEGORIES</u>	<u>WEIGH INS</u>	<u>LIFTING BEGINS</u>
WOMEN 48, 53, 58 & 63 Kg Classes	8:00 - 9:00 AM	10:00 AM
MEN 56, 62, 69 Kg Classes	10:00 - 11:00 AM	12:00 PM
WOMEN 69, 75 & +75 Kg Classes	12:00 - 1:00 PM	2:00 PM
MEN 77, 85, & 94 Kg Classes	2:00 - 3:00 PM	4:00 PM
MEN 105 & 105+ Kg Classes	4:00 - 5:00 PM	6:00 PM

**AWARDS:** 1st - 3rd For Each Weight Class  
Outstanding Male, Female, Junior Male & Junior Female Lifter  
T-SHIRT TO ALL

**ENTRY FEE:** \$45.00 For Seniors and Masters - \$20.00 For Juniors (Born 1990 or Later)  
**ENTRY FEE IS NON REFUNDABLE**

**DEADLINE:** Wednesday, August 4, 2010 (in possession or postmarked)  
**NO MORE THAN 75 ENTRIES OR LATE ENTRIES ACCEPTED!!!**

**MAIL [ENTRY](#) and entry fee to: (Make checks payable to Dave Swanson)**

Dave Swanson  
PO Box 693  
Lincoln, CA 95648

**PARKING:** FREE.

**CONCESSION:** Food and Beverages will be sold on site.

**SPECTATOR FEE:** \$5.00