

The Bad Girl Open II

- WHEN:** Sunday, October 18, 2009
- WHERE:** Focused Individual Training (FIT)
600 Rancho Shopping Center
Los Altos, CA 94022
- DIRECTOR:** Dave Corbin 650 823 1124 email: dbcornin@gmail.com
Rob Earwicker 831 234 8096 email: rob@focusedtrainers.com
- ELIGIBILITY:** Open to all Women Lifters of all ages.
- LIFTS:** The Snatch and the Clean and Jerk.
- RULES:** USAW lifting technique rules apply. One piece lifting suit or tight fitting shorts and shirt that covers the trunk but does not cover knees or elbows. Waiver: First time competitors may lift in shorts and T Shirts

Competition Schedule

<u>WEIGHT CATEGORIES</u>	<u>WEIGH INS</u>	<u>LIFTING BEGINS</u>
Women.... 48kg & 53kg	9:00 - 10:00 AM	11:00 AM
Women.... 58kg & 63kg	11:00 - 12:00 AM	1:00 PM
Women..... 69kg, 75kg & 75+kg	2:00 - 3:00 PM	4:00 PM

- ENTRY FEE:** \$40.00. \$20 for Juniors.
Late Entry Fee \$50, \$30 for Juniors **Spectators Free**
- DEADLINE:** October 5, 2009 (in possession at FIT or postmarked)
- AWARDS:** 1st, 2nd & 3rd for each Weight Class
Outstanding Female, Junior Female, Masters Female
COMMEMORATIVE T-SHIRT TO ALL WHO ENTER.

MAIL ENTRY form and entry fee to the address above. Entry form is available at:
www.badgirlopen.com

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