

## Ironman Weightlifting - 2010 Competition Information

### Ironman Open

- Date: January 9<sup>th</sup>
  - Location:
    - Capistrano Valley Christian Schools
    - 32032 Del Obispo St.
    - San Juan Capistrano, CA 92675
  - Weigh-ins from 8:00-9:00AM
  - Competition starts at 10:00AM
  - Entry Fee: \$10
- \*Athletes under 18 years of age must have parent present to sign liability waiver form.*

### Southern Pacific Winter Open

- Date: February 6<sup>th</sup>
  - Location:
    - Capistrano Valley Christian Schools
    - 32032 Del Obispo St.
    - San Juan Capistrano, CA 92675
  - Weigh-ins from 8:00-9:00AM
  - Competition starts at 10:00AM
  - Entry Fee: \$10
- \*Athletes under 18 years of age must have parent present to sign liability waiver form.*

### Ironman Spring Open

- Date: April 24<sup>th</sup>
  - Location:
    - Capistrano Valley Christian Schools
    - 32032 Del Obispo St.
    - San Juan Capistrano, CA 92675
  - Weigh-ins from 8:00-9:00AM
  - Competition starts at 10:00AM
  - Entry Fee: \$10
- \*Athletes under 18 years of age must have parent present to sign liability waiver form.*

For additional information, contact CJ Del Balso at 949-394-2968 or [codel@yahoo.com](mailto:codel@yahoo.com).