



XAVIER HAWKS POWERLIFTING INVITATIONAL

Date: January 5, 2019
Place: XAVIER HIGH SCHOOL 1600 West Prospect Appleton WI
Directors: Dave Adamovich & Dennis Smits
E-Mail: 3ddavid@sbcglobal.net
Phone: (920) 209-3388 (Dave) (920) 540-4571 (Dennis)

Time: 6:30 - 8:00 am Weigh-ins
8:00 8:30 am Rules Meeting
8:30 - 9:00 First flight warm-ups
9:00 am Lifting Begins

Eligibility: Open to all High School Athletes

Entry Fee: \$20.00 Per Athlete

Deadline: Jan 2nd

Rules: All USAP Rules (Lifting suits or singlets are required)

Awards:

Varsity Boys: 1st-3rd place medals (9-12th grade) in both Raw and Equipped

J.V. Boys: 1st-3rd place medals (9-10th grades only) in both Raw and Equipped

J.V. athletes must be 16yrs. of age or younger on day of meet

Varsity Girls: 1st-3rd place medals (9-12th grade) in both Raw and Equipped

J.V. Girls: 1st-3rd place medals (9-10th grades only) in both Raw and Equipped

J.V. athletes must be 16yrs. of age or younger on day of meet

Best Lifter: Varsity: 1st place best lifter for both boys and girls in both raw and equipped competition for both varsity and JV

Team: 1st-2nd place Varsity and 1st place J.V boys and girls in both Raw and Equipped

(\$20.00 entry fee per team entered)

Wt. Classes:

Mens: 114, 123, 132, 148, 165,181, 198, 220, 242, 275, SHW

Womens: 97, 105, 114, 123, 132, 148, 165, 181, 198, 242, 242+

Scoring: by place 12-9-8-7-6-5-4-3-2-1

Make check payable to: Xavier Catholic School

Send to

C/O Dennis Smits

209 Hidden Ridges Way

Combined Locks WI 541134

Name(Print) \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

School \_\_\_\_\_ Grade 9 - 10 - 11 - 12 (Circle One)

Sex (M - F) (Circle One)

Weight Class \_\_\_\_\_ (Circle One) Raw or Equipped

Division: (Circle One) Varsity OPEN (9-12) or J.V. (9-10) NO CHANGES AFTER 9AM

I, the undersigned, do hereby agree to waive all claims against the Xavier meet director, administrators, sponsors, and executors for injuries received during travel (to and from) and/or participation in the Xavier Powerlifting Meet.

Participant's Signature

Parent/Guardian's Signature (if under 18)