



USA POWERLIFTING

Happy New Year

HOSTED BY NECEDAH HIGH SCHOOL POWERLIFTING

Masters/Open/Junior/Teen/Youth

EQUIPPED/RAW

Sanctioned by USA Powerlifting

Sanction: WI-2019-07

Date: Saturday 26th January 2019

This USA Powerlifting competition is for rookies and teens only. For juniors, open and masters - if you do not have a total from a USA Powerlifting meet since June 1, 2017 - this is the meet for you. Teens, with or without a total from a USA Powerlifting meeting are encouraged to register.

Meet Director –Erich Mach – emach@necedahschools.org – 608-547-8681

Awards: Medals: Based on Wilks 1-3 for each category* (Teen and Youth will be 1-5)

Women: 43 kg 47 kg, 52 kg, 57 kg, 63 kg, 72 kg, 84 kg, 84 kg+

Men: 53 kg, 59 kg, 66 kg, 74 kg, 83 kg, 93 kg, 105 kg, 120 kg, 120 kg+

Youth Girls: 30k (66lb), 35K (77lb), 40k (88lb), and then the already set weight classes.

Youth Boys: 30k (66lb), 35k (77lb), 40k (88lb), 44k (97lb), 48k (105lb) and then the set classes.

Schedule: Registration, Weight – in and equipment check – 7:00 to 8:30 A.M.

Warm-Up time - 8:15 AM – 8:55 AM Lifting begins at 9:00 A.M.

Entry Fee: \$70 Per Lifter (Does not include any USAPL card which **MUST BE PURCHASED ON-LINE PRIOR TO THE MEET)**

Eligibility: All USA Powerlifting card members who hold current memberships. Must have not used strength inducing drugs in the last three years (36 months), and prescriptions diuretics or banned stimulants in the 7 days prior to the contest. THIS IS A DRUG TESTED MEET.

Equipment – All personal equipment including bench shirts must comply with current USA Powerlifting rules as available on usapowerlifting.com.

Entries **MUST be post marked by January 8, 2019**

Send Entry To:

Necedah Area Schools Attn: Erich Mach 1801 S. Main Necedah WI 54646

Make Checks Payable to: Necedah High School Powerlifting

Meet Location: Necedah Middle School 1801 S. Main Necedah, WI

USA POWERLIFTING HAPPY NEW YEAR

Date: Saturday 26th January 2019

Lifts – SQUAT, BENCH & DEADLIFT

Name _____ Age _____ Phone _____
Address _____ City _____
State _____ Zip _____ Weight Class _____ USAPL Card# _____

In consideration of my entry, I intending to be legally bound, hereby, for myself, my executors and administrators, waive and release the USAPL, Necedah Schools, their agents, representatives, committees and members from any and all claims or rights to damage from injuries or losses suffered by me directly or indirectly competing in or attending the 2019 USA POWERLIFTING HAPPY NEW YEAR MEET.

I agree to abide by the USA Powerlifting rules governing this event.

Signature: _____ Date: _____

If minor, Parent's Signature: _____ Date: _____

RELEASE FROM LIABILITY

Read this release carefully. When you sign it, you will be giving up important rights.

In consideration of being allowed to participate in the listed event or competition, I on behalf of not only myself, but also for my heirs, executors, representatives, agents, successors, assigns, and administrators ("Releasor") as competitor, loader, spotter, referee, platform worker, or participant in any other capacity as may apply to my participation, hereby agree and acknowledge that I am fully aware that participation in the event or competition involves risk, both direct and inherent, and I accept the risk of participating, even if the risks are created by the carelessness, negligence or gross negligence of USA Powerlifting, Inc., USA Powerlifting, Inc. officers, officials, administrative personnel, agents, independent contractors, meet director(s), loaders, spotters, referees, meet personnel or other employees associated with this competition (hereinafter "Released Parties").

I understand and am fully aware that there are significant risks, known and unknown, involved in all aspects of my participation in the event or competition and that many of these risks are essential to the activity and, therefore, cannot be eliminated. I understand that these risks include bodily injury ranging from minor sprains to death and disfigurement and include but are not limited to: equipment failure; failure to properly maintain equipment; inadequate coach/instructor/trainer supervision or training; failure to give adequate warnings or instruction; failure of participants to follow instructions; participants exceeding their own skill level or physical condition; the participant's own negligence and the negligence of others; dehydration; exhaustion; fatigue; collisions with other participants, equipment or other objects; collision with the ground or floor; and the unavailability of immediate medical care. These risks could result in minor injury, serious injury or even death; injury or death due to negligence on the part of myself or other people around me. I understand that an injury may impair a participant's future ability to earn a living, to engage in business, social and recreational activities, and to generally enjoy life.

I agree that participation is VOLUNTARY and based on my independent assessment of the risks involved and assume full responsibility for the risks that I am exposing myself to and accept full responsibility for any injury or death that may result from my participation in any event or competition under the direction of Released Parties.

Signature of contestant _____ Date _____ Signature of parent or guardian if under 18 years old _____

CERTIFICATION

I hereby give my word of honor as an athlete that I have not used any strength inducing drugs (i.e. any anabolic steroids or natural hormone) as part of my training during the past 36 months, or any prohibited stimulants or diuretics in the past 7 days prior to this contest.

Signature, in full, of competing Powerlifter _____ Date _____

Send Entry To: **Necedah High School**
Attn: Erich Mach
1801 S. Main
Necedah, WI 54646

Note – the meet will cap out at 80 lifters and the deadline is strictly enforced. Be sure to send in entries on time to ensure you have a spot to lift.

Entries must be post marked by January 8, 2019 NO REFUNDS!