

Elk Mound High School



Regional Powerlifting Meet

Location: Elk Mound High School Gym

Date: Saturday, February 9th, 2019

Events: Squat, Bench Press, Deadlift

Awards: MEDALS for 1st-3rd Place (Men/Women- Varsity/Junior Varsity- Raw/Equipped)
 BEST LIFTER for Varsity Men/Women determined by Wilkes Formula with 20% allowance for raw lifters
 TEAM TROPHIES for 1st and 2nd Place for Men/ Women (Varsity only) - Combined best 10 lifter finishes per team raw or equipped.
 All-Region Awards based on average Wilkes though regional meets. Lightweight, middleweight and heavyweight divisions for males and females.

Rules: All rules from USAPL apply, including lifting procedures and judging. Lifters must wear a singlet or one piece lifting suit for all lifts. No Bench shirts allowed. Long socks are required for deadlift.

Scoring: Team Points will be given to the top ten finishers in the Varsity Division. No more than two per weight class can be scored.
 POINTS: 12-9-8-7-6-5-4-3-2-1

Schedule: 7:00-8:30 -Weigh-ins (Locker rooms)
 8:30-8:50 -Rules Meeting
 9:00 -Lifting Begins

Entry Fee: \$20.00 per lifter (Prior to 2/11/2018) Mail Entry to:
 \$25.00 per lifter (Day of the meet) Elk Mound Powerlifting
 c/o Coty Schmidt
 302 University Drive
 Elk Mound, WI 54739

Divisions: Checks payable to Elk Mound Powerlifting
 Varsity- Open (Grades 9-12)
 Junior Varsity (Grades 9-10)

Contact: Coty Schmidt- (715)-879-5521 ext. 212 or cschmidt@elkmound.k12.wi.us
 Entry Deadline- Monday- February 4, 2019.

Name (Please Print) _____ Age/Grade _____

Address _____ City _____ State _____

Phone _____ Male / Female Birth date _____

School _____ Varsity (9-12) / Junior Varsity (9/10)- Circle one

Weight Class -Circle one MEN: 114 123 132 148 165 181 198 220 242 275 SHW
 WOMEN: 97 105 114 123 132 148 165 181 198 198+ 242

RAW or EQUIPPED (Circle One)

I, the undersigned, agree to waive all claims Elk Mound Powerlifting Club, the meet director, administrators, sponsors and executors for injuries received during travel to and from, and/or participation in the Elk Mound Powerlifting Meet.

PARENT/GUARDIAN SIGNATURE IF UNDER 18 PARTICIPANT'S SIGNATURE