



Osceola State Qualifier Powerlifting Meet

Saturday, January 12th, 2019



*ELIGIBILITY: Open to all high school athletes

*ENTRY FEES: (Make checks payable to Osceola High School Powerlifting)

\$20.00 per athlete *prior to January 7th*, \$25.00 on day of meet

*DIVISIONS:

Raw or Geared (See www.liftwhspa.org for definition of raw lifting)

Varsity may be (Fr-Sr). J.V. must be 10th grade or below

*TEAM SCORING: by place 12-9-8-7-6-5-4-3-2-1

*AWARDS:

Team trophies will be given for 1st, and 2nd places. Team scores are determined by raw lifters only.

Individual medals for 1st through 5th place in the Raw divisions and 1st through 3rd in the Equipped divisions.

Best lifter will be determined by the Wilk's formula. (1 male, 1 female)

**Equipped lifters will have Wilk's total divided by 1.25 when being considered for best lifter.

*RULES: All WHSPA rules apply.

A SINGLET OR SQUAT SUIT MUST BE WORN DURING ALL LIFTS.

KNEE HIGH SOCKS MUST BE WORN DURING THE DEADLIFT.

*WEIGH-INS: 7:00AM TO 8:30AM

*RULES MEETING: 8:45AM

*LIFTING: 9:00AM TIL ???

***COACHES: Please email me at hahnj@osceolak12.org I have an electronic team form for you to fill out.

Detach here and return with entry fee

Name (print) _____
 Phone () _____ BIRTH DATE _____
 School _____

Return Entries to:
 Jeff Hahn
 Osceola High School
 1111 Oak Ridge Dr.
 Osceola, WI 54020
**Make Checks Payable
 to Osceola High School
 Powerlifting**

Grade: (circle one) FR. SO. JR. SR.

Please circle Weight Class	Boys	114	123	132	148	165	181	198	220	242	275	275+
	Girls	97	105	114	123	132	148	165	181	198	242	242+

Circle: Raw or Geared

Circle: BOY'S VAR BOY'S JV GIRLS'S VAR GIRLS JV

In consideration of your accepting this entry, I hereby, for myself and/or my heirs release any and all rights and claims for damages against the sponsors, the school, it's officials and associated bodies, by reason of injuries or damage which I may sustain in the competition or resulting from this competition.

Parent/Guardian (if under 18)

Participants signature