

2018 USA Powerlifting WHSPA State Championship
 Sanction # WI-2017-01
 March 10-11, 2018
 Hosted by Mauston & Adams-Friendship High School Powerlifting

Location: Mauston High School, 800 Grayside Avenue, Mauston WI 53948 Use Door #12

Meet Directors:

John Winker 608-547-3197 John Easterly 608-548-0526 2018WHSPAstatemeet@gmail.com

Meet Information:

- \$75.00 State Meet Entry Fee (USA Powerlifting membership card is responsibility of athlete).
- USA Powerlifting membership can be purchased at <http://www.usapowerlifting.com>.
- Running TWO Divisions 9th-12th Grade (No JV Bracket) Equipped & Raw
- 4 Sessions (Session I Saturday a.m.) ~~ (Session II Saturday p.m.)
 (Session III Sunday a.m.) ~~ (Session IV Sunday p.m.)
- Individual Awards will be given after each session. Team Awards and Best Lifter awards will be presented after session IV.
- Planned as a five platform competition: *Meet directors reserve the right to make changes to accommodate the registered competitors.*
- Online entry deadline is Sunday 2/26/18 11:59 pm CST. No exceptions.

AWARDS:

- Lifter Trophies 1st-3rd and Medals 1st-5th
- Best Lifter Trophies 1st-3rd for Boys & Girls
- Team Trophies 1st-3rd Place for Boys' Team & Girls' Teams in Divisions 1, 2, 3 & Raw

LIFTING SCHEDULE - TENTATIVE						
Sessions	Weight Class (lbs)	Registration	Equipment Check	Weigh-Ins	Rules Meeting	Lifting Start Time
FRI	Early registration, equipment, rack height and bodyweight checks available. 6:00 – 8:00 p.m.					
SAT	WHSPA coaches, Meeting on Saturday morning, March 10 time –TBD. All WHSPA coaches and USA Powerlifting officials (not competitors or parents) are welcome to attend.					
I SAT	GIRLS 97-123 BOYS 114-132	7:00-8:30 a.m.	7:00-8:30 a.m.	7:00-8:30 a.m.	8:30 a.m.	9:00 a.m.
II SAT	GIRLS 132-148 BOYS 148-165	12:00-1:30 p.m.	12:00-1:30 p.m.	12:00 -1:30 p.m.	2:00 p.m.	2:30 p.m.
III SUN	GIRLS 165-181 BOYS 181-220	7:00-8:30 a.m.	7:00-8:30 a.m.	7:00-8:30 a.m.	8:30 a.m.	9:00 a.m.
IV SUN	GIRLS 198-198+ BOYS 242 –SHW	12:00-1:30 p.m.	12:00-1:30 p.m.	12:00-2:30 p.m.	2:00 p.m.	2:30 p.m.

Competitor Information:

Competitors must have achieved a qualifying total per the '17-18 WHSPA standards set during the November 2017 meeting and present on the WHSPA state qualified database list: https://docs.google.com/spreadsheets/d/10Dlcp5xsOLbRG_gosMV4p8gPks7BS7rRNlr75jb64H4/edit#gid=0. The total can be achieved at 2017 State or at a 2017/2018 season meet.

All competitors must be in good academic standing at their school, and may not have any athletic or extracurricular code violations in order to compete in the 2018 Wisconsin High School Powerlifting Association State Championship. A school administrator must sign an "Athletic Good Standing Form" to verify that the participant has met the "Good Standing" criteria. Form can be found http://www.liftwhspa.org/uploads/2/5/7/9/2579534/proof_of_good_standing.pdf. Competitors must attend the school of the powerlifting team they represent.

Process for entering this competition:

1. **USAPL membership must be purchased to complete the online registration** <http://www.usapowerlifting.com>.
2. Register online with a parent or guardian and an available working printer. There is no paper entry form available. <https://form.jotform.com/73487467924169>. The entry fee is \$75.00
3. The online form is also the only way to pre-order meet t-shirts.
4. Enter all requested information. The lifter will not appear in the competition roster if this is not done. It must be done by the deadline of **Sunday 2/26/18 11:59 pm CST**.
5. Within the form after all required information is provided, hit 'SUBMIT'. You will then be taken to PayPal and will have to complete payment information. You will *receive an email* to print out and **YOU MUST BRING A COPY OF THIS EMAIL AS PROOF OF REGISTRATION**.
6. This is the entry fee for all competitors.
7. There will be limited meet t-shirts available at the event for \$20.00 per shirt.

If these steps are not followed in this order, those previously qualified will not be able to compete.

The data provided during the online process will be on the roster located on the WHSPA site, frequently updated.

Coach Information:

Determination of the WHSPA Division 1, 2 and 3 Team champions will be managed by the Head Scorekeeper. In order for a powerlifting team to receive a trophy, the head coach must be a current paid WHSPA Member. All team coaches must be certified in the SafeSport program. Coaches can pay the \$20 WHSPA Membership at the coaches Meeting on Saturday, March 10 time -TBD.

All attempts will be in kilos, 2.5 increments. Kilo conversion chart can be found here. Be prepared: http://mass-lift.com/wp-content/uploads/2012/06/Kilos_to_Pounds.pdf

Head coach: Upon arrival stop at the registration table to pick up your team folder, check in competitors (they must be able to provide a school or government issued photo ID), and submit Athlete Good Standing Forms. All team members must be current USA Powerlifting members by March 2. Once all is confirmed, the competitor will be given a wristband to use for the duration of

the weekend. They will only receive one. After registration, competitors can check their bodyweight or determine their ER rack heights (three in total) and also participate in early equipment check.

Teams will receive a coach wristband for every five lifters. Additional wristbands can be purchased for \$10 each. A hospitality room will be available; however, it will be monitored. Only individuals with coach, volunteer and referee wristband(s) will be invited to participate, all others will be politely asked to use the concession area available to all. Each session will have a different colored wristband to control overcrowding in the lifting area.

General Audience Information

Meet t-shirts can be pre-ordered during the on-line registration process for \$15-17 and included in the total online payment. The meet t-shirt will also be available at the competition in limited quantities for \$20. Ordering ahead of time is the best recommendation.

Programs: \$5.00

Daily Admissions: \$10.00 2-day Admission pass: \$15.00

Concessions will be available for purchase starting at 8 a.m. on Saturday morning.

The block on hotel reservations opened Dec 1, 2017 and will close Feb 9, 2018.

The Best Western (Mauston) rooms are: double queen beds, single king bed \$76.99 + tax

<https://www.bestwestern.com>. 608-847-6255

The Woodside Old Towne (Mauston) rooms are: double queen beds \$75 + tax, 2 bedroom suites \$150 + tax

<http://woodsideoldtowne.com/> 608-747-4019

The Woodside Dells Hotel rooms are: double queen beds, single king bed \$79 + tax

<http://woodsidedells.com/> 608-747-4019

The Super 8 (Mauston) rooms are: double queen beds, single king bed \$75 + tax

<https://www.wyndhamhotels.com/> 608-847-2300

The Quality Inn (Mauston) rooms are: double queen beds \$88.40 + tax

<https://www.choicehotels.com/> 608-847-5959

AmercInn (New Lisbon) rooms are: double queen beds \$75 + tax

<https://www.amercinn.com/> 608-562-5141

When you call for reservations you must reference **STATE POWERLIFTING** to get the discount.