

Cameron Last Chance State Qualifier Powerlifting Meet

Sunday, February 19, 2023

This meet will be reserved for Region 1 unqualified lifters who are close to the qualifying total & Cameron Athletes (There will be a cap of 90 lifters)

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

\$20.00 per athlete *prior to February 16th*, \$25.00 after deadline

***DIVISIONS & AWARDS:**

Raw & Varsity Only (See www.liftwhspa.org for definition of raw lifting) No Team Awards. There will be no awards at this meet. It is a last chance state qualifier.

***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 BEGINS @ 9:00AM

*****COACHES: Please email me at bridout@cameron.k12.wi.us.**

Detach here and return with entry fee

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

Return Entries to:
 Brett Ridout
 Cameron High School
 750 S. 1st St.
 Cameron, WI 54822
**Make Checks Payable
 to Cameron High
 School**

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 One: BOY'S VAR GIRL'S VAR

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