

Adams-Friendship Powerlifting Meet

This form is for the WHSPA STATE Qualifier ONLY

DATE: Saturday December 15, 2018
LOCATION: Adams-Friendship High School
1109 East North Street
Adams, WI 53910

EVENTS: Squat, Bench Press & Deadlift/ 3 platforms

AWARDS: Medals for 1st-5th Varsity, Raw and Equipped
Medals for JV 1st-3rd, Raw and Equipped
NO TEAM TROPHIES

WT. CLASSES: MEN: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 275+
WOMEN: 97, 105, 114, 123, 132, 148, 165, 181, 198, 242, 242+
All USAPL rules concerning lifting procedures and judging for the squat, bench press, and deadlift will be enforced. ALL LIFTERS MUST BE IN A SINGLET. Squat suits or wrestling singlets are required. No bench shirts.

SCHEDULE: 7:00 to 8:30 WEIGH INS
8:30 RULES MEETING
9:00 LIFTING BEGINS

ENTRY FEE: \$20.00 PER LIFTER PRIOR to December 11th and \$25.00 PER LIFTER AFTER December 11th.

DIVISIONS: Varsity 9th grade-12 grade, Junior Varsity 9th-10th grades.

SEND ENTRY BLANKS TO:
BRIAN Shekels
ADAMS-FRIENDSHIP POWERLIFTING
201 Grand Street
Friendship, WI. 53934
EMAIL: shekelsb85@gmail.com
Cell Phone: 608-547-8570
MAKE CHECKS PAYABLE TO AF Powerlifting

Name: _____ Age: _____ DOB: _____

Address: _____ City: _____

State: _____ Zip: _____ School: _____

Division: (CIRCLE) Varsity or JV GENDER: M or F Lifting IN: RAW or EQUIPPED

Grade: 8 9 10 11 12 Weight Class from above: _____

Best Phone Number to reach: _____

Signature of Participant: _____

Signature of Parent or Guardian: _____

