

West Coast Regional – Holmen

Date: Saturday, January 26, 2019
Location: Holmen High School Gym
Events: Squat, Bench & Deadlift
Eligibility: Open to High School athletes
Awards: Medals (1st – 3rd) - JV (1st-5th) – Varsity Men & Women
JV Men & Women (JV 9-10th grade only & 16 or younger)
Medals for both Geared & Raw Divisions
Varsity Team trophies – Men’s and Women’s – 1st & 2nd - Division I & II
(Trophies are Combined Points Geared & Raw Divisions)

Wt. Classes: Men’s- 114-123-132-148-165-181-198-220-242-275-SHW (275+)
Women’s- 97-105-114-123-132-148-165-181-198-242-242+

Scoring: By places - 12-9-8-7-6-5-4-3-2-1

Schedule: 7:00 A.M.- 8:30 A.M. WEIGH-INS
8:30 A.M.- 8:45 A.M. RULES INTERPRETATION
8:45 A.M.- 9:00 A.M. FIRST FLIGHT WARM-UPS
9:00 A.M. LIFTING COMMENCES

Rules: This is a WHSPA Qualifier not a USAPL sanctioned meet
USAPL rules apply. Singlets and T-shirts (must have sleeves) are acceptable.
Other rule adjustments will be explained at the rules meeting before the meet.
RAW lifters must be declared prior to 8:30 for WHSPA Raw eligibility.

Entry Fee: **\$20 per lifter** before Jan. 22
\$25 per lifter on day of meet

Entry Info: Send to: Brent Schroeder **Questions:** (608) 526-4640
W7750 Van Dunk Place brentsch13@gmail.com
Holmen, WI 54636

Holmen

Make checks payable to **Holmen Powerlifting**

Name(Print) _____ Age _____ Grade _____

Address _____ City _____ Zip _____ Sex (M - F)

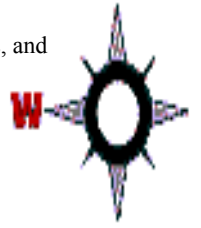
School _____ Grade 9 10 11 12 Weight Class _____

Circle One, Lifting: **GEARED** or **RAW**

Division: Varsity OPEN (9-12) or J.V. (9-10) *No Changes after 8:30 AM 1/27/18*

Youth (7th & 8th) and Special Olympians are JV

I, the undersigned, do hereby agree to waive all claims against the Holmen SD, meet director, administrators, sponsors, and executors for injuries received during travel (to and from) and/or participation in the **Holmen Powerlifting Meet**.



Participant's Signature

Parent/Guardian's Signature(if under 18)