

LACONIA POWERLIFTING INVITATIONAL

DATE: December 15th, 2018

PLACE: Laconia High School Gym

DIRECTOR: Michael White

PHONE: School: 920-872-5363 EMAIL: whitmic@rbsd.k12.wi.us

TIME: 7:00-8:15 a.m. - Weigh-in and equipment check

8:25-8:35 a.m. - Rules Meeting

8:35-9:00 a.m. - First flight warm-ups

9:00 a.m. - Lifting begins

ELIGIBILITY: Open to all high school athletes
\$20.00 per Athlete (No refunds for pre-registered)

AWARDS:

Varsity Boys: 1-3 Place Raw and Geared

JV Boys: 1-3 Place Raw and Geared

Varsity Girls: 1-3 Place Raw and Geared

JV Girls: 1-3 Place Raw and Geared

(All JV athletes must be 16 yrs. of age or younger on day of meet)

TEAM: 1st-2nd place Varsity and 1st place JV boys and girls in both Raw and Equipped
(\$20.00 entry fee per team entered)

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

Scoring: by place 12-9-8-7-6-5-4-3-2-1

RULES: All U.S.A.P.L rules apply A ONE PIECE LIFTING SUIT/SINGLET IS REQUIREMENT!!!

DEADLINE: Tuesday, December, 12th (No entries will be accepted on the day of meet)

Make Check payable to: Laconia Powerlifting Club

Send to: Laconia High School

% Mike White 301 W Division St

Rosendale, WI 54974



Name (Print) _____ Gender M or F Age _____

Grade _____

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

School _____ Grade 9 - 10 - 11 - 12 (Circle One)

Weight Class _____ (Circle One) RAW or EQUIPPED

Division: (Circle One) Varsity OPEN (9-12) or JV (9-10) NO CHANGES AFTER 9 a.m

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

Participant's Signature

Parent/Guardian's Signature (if under 18)