



Rhineland State Qualifier Powerlifting Meet

Saturday, January 28th, 2023

ELIGIBILITY:** Open to all high school athletes ***CAPPING AT 120 LIFTERS

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

\$20.00 per athlete.

***DIVISIONS:**

This Meet is Raw only. (See www.liftwhspa.org for definition of raw lifting)

Varsity may be (Fr-Sr). J.V. must be 10th grade or below

***TEAM SCORING:** by place 12-9-8-7-6-5-4-3-2-1

***AWARDS:**

Team trophies will be given for 1st place. Team scores are determined by raw lifters only.

Individual medals for 1st through 3rd place in the Raw Varsity divisions.

Best lifter will be determined by DOTS points. (1 male, 1 female)

***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.**
- **INHALANTS, IE NOSE TORQUE, ARE EXPLICITLY BANNED AND WILL RESULT IN DISQUALIFICATION FROM THE MEET.**

WEIGH-INS: 7:00AM TO 8:30AM RULES MEETING: 8:45AM LIFTING BEGINS @ 9:00AM

*****COACHES:** If registering by team, please email me at biolodra@rhineland.k12.wi.us I have an electronic team form for you to fill out. I still need a waiver from every lifter though.

Detach here and return with entry fee

Name (print) _____

Phone () _____ BIRTH DATE _____

School _____ GRADE: _____

PLEASE CIRCLE A WEIGHT CLASS BELOW:

Boys	114	123	132	148	165	181	198	220	242	275	275+
Girls	97	105	114	123	132	148	165	181	198	242	242+

Return Entries to:
 Drake Biolo
 Rhineland High School
 665 Coolidge Ave,
 Rhineland, WI 54501
 Make Checks Payable to
 Rhineland High School
 Powerlifting

CircleOne: Raw

Circle One: BOY'S VAR BOY'S JV GIRLS'S VAR GIRLS JV

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