

# NECEDAH

## Alek Hadley Memorial

### POWERLIFTING MEET

**LOCATION:** NEEDEDAH HIGH SCHOOL GYM

**DATE:** SATURDAY, February 16<sup>th</sup> 2019

**EVENTS:** SQUAT, BENCH & DEADLIFT

**AWARDS:** Medals Only - **THERE ARE NO TEAM AWARDS**

**RULES:** ALL USAPL MAJOR RULES CONCERNING LIFTING PROCEDURES AND JUDGING LIFTS WILL BE ENFORCED **NO SHORTS WILL BE ALLOWED, A SINGLET MUST BE WORN FOR ALL LIFTS.** NO BENCH SHIRTS WILL BE ALLOWED. OTHER RULE ADJUSTMENTS WILL BE EXPLAINED AT THE RULES MEETING PRIOR TO THE MEET.

**SCHEDULE:** 7:00 A.M.-8:30 A.M. WEIGH-INS  
8:30 A.M.-8:50 A.M. RULES INTERPRETATION  
9:00 A.M. LIFTING COMMENCES

**ENTRY FEE:** \$20 PER LIFTER BEFORE FEB. 17<sup>th</sup>  
\$25 PER LIFTER ON DAY OF MEET-**THIS WILL BE ENFORCED**

**DIVISIONS:** DIVISION I - OPEN - GRADES 9-10-11-12 ENTER ONE DIVISION ONLY  
DIVISION II - GRADES 9 & 10 ONLY

**WT. CLASSES:** BOYS- 114-123-132-148-165-181-198-220-242-275-275+  
GIRLS- 97-105-114-123-132-148-165-181-198-198+

**ENTRY INFO: SEND TO: ERICH MACH**  
**NECEDAH SCHOOLS**  
**1801 S. MAIN**  
**NECEDAH, WI 54646**

**???QUESTIONS???**

**(608)565-2256 EXT 310**  
**Cell (608)547-8681**  
**emach@necedahschools.org**

**Make checks payable to NECEDAH HIGH SCHOOL POWERLIFTING**

NAME (PRINT) \_\_\_\_\_ AGE \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_ GENDER (CIRCLE M - F)

DATE OF BIRTH \_\_\_\_\_ SCHOOL \_\_\_\_\_ GRADE (CIRCLE) 9 10 11 12 WEIGHT CLASS \_\_\_\_\_

DIVISION: OPEN (9-12) DIVISION II (9 & 10)

I, THE UNDERSIGNED, DO HERBY AGREE TO WAIVE ALL CLAIMS AGAINST THE NEEDEDAH POWERLIFTING ORGANIZATION or NEEDEDAH HIGH SCHOOL, MEET DIRECTOR, ADMINISTRATORS, SPONSORS, AND EXECUTORS FOR INJURIES RECEIVED DURING TRAVEL (TO AND FROM) AND/OR PARTICIPATION IN THE NEEDEDAH POWERLIFTING MEET.

\_\_\_\_\_  
PARENT/GUARDIAN'S SIGNATURE (IF UNDER 18)

\_\_\_\_\_  
PARTICIPANT'S SIGNATURE