

REGION 5 POWERLIFTING INVITE-HOSTED BY OAK CREEK

DATE: December 8, 2018

PLACE: Oak Creek High School (Old gym)
340 East Puetz Road
Oak Creek, WI 53154
Enter through main entrance #1 in front of school.

DIRECTOR: Dave Hoagland Phone: (414) 768-6210 Ext. 7233
School Fax: (414) 768-6129
Email: d.hoagland@ocfsd.org

TIME: 7:00 a.m. School opens
7:30 – 8:30 a.m. Weigh-Ins and Equipment Check
9:00 a.m. Lifting begins

ENTRY FEE: \$21.00 Each Lifter (No late entries)
No Team Fee

AWARDS: Medals 1st – 3rd place in the **Varsity Boys and Girls (Equipped/Raw)**
Medals 1st – 2nd place in the **Junior Varsity Boys and Girls (Equipped/Raw)**
Best Lifter Medals (By Formula): **Varsity Boys and Girls (Equipped/Raw)**
Team Trophies 1st **Varsity/JV Boys and Girls (Equipped/Raw)**

WT. CLASS: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, HWT. (BOYS)
97, 105, 114, 123, 132, 148, 165, 181, 198, 242, 242+ (GIRLS)

RULES: All USAPL Rules Apply

DEADLINE: Postmarked by Friday, November 30th, 2018 (Coaches: please email me a roster by Monday, December 3rd)

SEND TO: Oak Creek High School
Attention: Dave Hoagland
340 E Puetz Road
Oak Creek, WI 53154

CONCESSIONS WILL BE

ELIGIBILITY
OPEN TO ALL
HIGH SCHOOL ATHLETES
13 yrs. to 19 yrs.

Varsity-open competition
Junior Varsity-Freshman or
Sophomore only
(13-16)

MAKE CHECKS TO:
Oak Creek Powerlifting

Name (print) _____ School _____

Address _____ City _____ Zip _____

Phone _____ Age _____ Date of Birth _____

Circle: Fr. Soph. Jr. Sr. Circle: Equipped or Raw Weight Class _____

Circle: Varsity Boys JV Boys(Fr./Soph. Only) Varsity Girls JV Girls(Fr./Soph. Only)

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, its officials and associated bodies, by reason of injuries or damages which I may sustain in the competition at or resulting from this competition. I am also aware that there will be pictures taken and posted to promote the competition.

Signature of Parent/Guardian (if under 18)

Entrant's Signature