

# Waterford Union High School Regional Powerlifting Meet



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

**DATE:** December 17, 2022

**PLACE:** Waterford Union High School  
 611 W Main St, Waterford, WI 53185  
*Enter Door 38 Athletic Entrance  
 (Upper Parking Lot)  
 Lifting in Large/Main Gym*

**DIRECTOR:** Holly Bjorge-Head Powerlifting Coach  
 Email: [hbjorge@waterforduhs.k12.wi.us](mailto:hbjorge@waterforduhs.k12.wi.us)

**TIME:** 7:00 – 8:30 a.m. Weigh-Ins and Equipment Check  
 9:15 a.m. Lifting begins

**ENTRY FEE:** \$20.00 Each Lifter  
**No Team Fee**

**AWARDS:** Medals 1<sup>st</sup> – 3<sup>rd</sup> **Male & Female Equipped and Raw divisions**  
 Medals 1<sup>st</sup> – 3<sup>rd</sup> **Junior Varsity Male & Female Equipped and Raw divisions**  
 Best Lifter 1<sup>st</sup> **Male and Female Equipped and Raw**  
 Team Trophies 1<sup>st</sup> **Junior Varsity and Varsity Male and Female Equipped and Raw**

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

**RULES:** All USAPL & WHSPA Rules Apply.

**DEADLINE:** Mailed entries must be postmarked By December 9th- (entries can be scanned and emailed to [hbjorge@waterforduhs.k12.wi.us](mailto:hbjorge@waterforduhs.k12.wi.us) by December 12th, Payment can be made at the door if scanned entry.  
 Coaches: please email me a roster by December 9th.

**SEND Payment and entry to:** Waterford Union High School  
 611 W Main St, Waterford, WI 53185  
**Attention: Holly Bjorge WUHS Powerlifting**

**MAKE CHECKS TO:**  
**Waterford Union High School**

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**Name:** \_\_\_\_\_ **School** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Weight Class** \_\_\_\_\_

**City:** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Age** \_\_\_\_\_ **Date of Birth** \_\_\_\_\_

**CIRCLE ONE IN EACH BOX:**

<b>MEN</b>	<b>WOMEN</b>	<b>EQUIPPED</b>	<b>RAW</b>
<b>Varsity</b>		<b>JUNIOR VARSITY</b> <small>(FR./SOPH ONLY)</small>	

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**

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