

MHSPLA Regional Qualifier

Hosted By: Grass Lake Community Schools

DATE: Saturday, January 12, 2019

PLACE: Grass Lake High School 11500 Warrior Trail Grass Lake, MI 49240

REGISTRATION DEADLINE: Pre-Registration starts on Thursday at 6:00 am (1/10/19)
Pre-Registration ends on Thursday at 4:00 pm (1/10/19)

THERE IS A CAP OF 160 LIFTERS FOR EACH SESSION

ENTRY FEE: \$15.00 CASH or MONEY ORDER (NO Checks will be accepted)

Lifters MUST PAY entry fee at the weigh-in site. All **registered lifters** must be **paid** for **at the time of registration**.

MEET DIRECTORS

Chris Gilliam (810) 962-9219

EMAIL: cgilliam@birchrunchschools.org

Chris Reul (517) 795-7603

EMAIL: chris.reul@grasslakeschools.com

AWARDS: Medals First through Third. Students in 7th through 10th grade will compete against each other in the Junior Varsity division. Students in 11th and 12th grade will compete against each other in the Varsity division. Both Men and Women will have Junior Varsity and Varsity divisions.

WEIGH-IN: Coaches need to email their roster with projected weight class and openers to

Chris Reul at chris.reul@grasslakeschools.com

*Lifters must weigh-in the day of the meet. There is **no pound** allowance this year! You will lift in the weight class that your weight determines that day.

*Shorts & Shirt for weigh-in required. **Lifters are only allowed one opportunity to weigh in on site.**

A SCALE WILL BE PROVIDED TO CHECK YOUR WEIGHT IF NEEDED BUT YOU ONLY GET ONE OFFICIAL WEIGH IN FOR THE MEET.

OPENERS: A roster and openers must be declared by Thursday (1/10/19). Use the spreadsheet provided.

TEAM AWARDS: Top 2 teams in each division. Varsity Women, JV Men, and Varsity Men

WOMEN'S SESSION	MEN'S SESSION
REGISTRATION & WEIGH-INS 7:30-8:15 AM	REGISTRATION & WEIGH-INS 10:30-11:15 AM
WARM-UPS 8:30 (WR); 9:00 (PL)	WARM-UPS 11:30 AM (WR); 12:00 PM (PL)
COACHES MEETING 8:30 AM	COACHES MEETING 11:30 AM
LIFTING STARTS 9:15 AM	LIFTING STARTS 12:30 PM

ELIGIBILITY: Open to all 7th-12th grade lifters. Students MUST be enrolled in the school that they are lifting for. All students MUST be eligible to compete according to their schools eligibility standards. ALL LIFTERS MUST BE DRUG FREE FOR A MINIMUM OF 36 MONTHS. All lifters must qualify at a MHSPLA qualifying meet in order to compete at the State Finals.

RULES: MHSPLA rules will govern this meet.

EQUIPMENT: This will be a RAW Meet. Shorts and T-shirt. No singlet's or squat shorts allowed. 4-inch belt ONLY. No padding in back or any type of Velcro straps allowed. Compression shirts/shorts are acceptable. Long socks REQUIRED for dead lift.

ADMISSIONS: \$ 3.00 individual \$ 5.00 per family (Max of 4)

Grass Lake High School

Regional Qualifier - Entry Form

\$15.00 per lifter registration

Grade _____ Weight Class _____ Sex _____

Name _____ High School _____

Home Address _____

Openers: Squat _____ Bench _____ Dead Lift _____

Check Division Entered:

GRADE: _____ 7th _____ 8th _____ 9th _____ 10th _____ 11th _____ 12th

_____ JV MEN _____ VARSITY MEN _____ JV WOMEN _____ VARSITY WOMEN

In consideration of the acceptance of my entry form in this Power lifting competition, I intend to be legally responsible for not only myself, but also my heirs, my executors, and my administrators. In signing this release from liability, I waive and release everyone connected with competition from any and all liability, which may arise from this competition.

In addition to the foregoing, I specifically release **Grass Lake Community Schools** and the meet directors, meet assistants and anyone connected with this contest, regardless of his/her contribution.

Participant's Signature

Parent Signature _____

Parent Name Printed _____

Payment must be in **CASH** or **MONEY ORDER** ONLY. (No checks will be accepted.)

Please make money orders out to **Grass Lake Football ONLY**.

RELEASE FROM LIABILITY AND CONSENT TO DRUG TEST

In consideration of the acceptance of my entry in the Power lifting competition I intend to be legally bound, for not only myself but also for my heirs, my executors, and my administrators. By signing this release from liability I waive and release everyone connected with competition from any and all liability, including any results of negligence which may arise from this competition. Moreover I agree that any testing method which the meet director and the sponsors of this meet use to detect the presence of strength-inducing drugs SHALL BE CONCLUSIVE. That is, whether I think results of the tests are right or wrong I agree that I have no right to challenge the results of the drug tests. I further agree to submit to any physical tests which may be necessary to complete drug testing. Should I fail to pass the drug test I agree to forfeit any trophy or award which I otherwise have received. I understand and agree that if I fail to pass the drug tests, my name will appear on a published list of suspended members. If determined that I have failed the drug test, I agree to waive any claim for which legal relief is available. I agree to pay any attorney fee and litigation expenses incurred by any person, real or corporate, whom I may sue in an effort to challenge this Release form. I understand that my agreement to pay attorney fees and litigation expenses is the Sine Qua Non for the acceptance of my entry in this contest. If any provision of this release from liability shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this Release from Liability shall remain in full force and effect. I also certify with my signature that this release/agreement cannot be modified orally.

SIGNATURE OF APPLICANT:

DATE:

SIGNATURE OF PARENT/ GUARDIAN:

DATE:

NON LIFTER RELEASE FROM LIABILITY

This form is for all personnel that may at any point want to enter the designated lifting area. All coaches, non lifting team members, volunteers, and anyone that wishes to enter the lifting area must sign this release from liability. All lifters need only to sign the entry form. This form **does not** provide free entry to any and all events

NAME: _____

ADDRESS: _____

CITY: _____ STATE _____ ZIP _____

PHONE: _____

In consideration of my presence at or participation in, I intending to be legally bound, hereby, for myself, my executors, and administrators, waive and release **Chris Reul, Grass Lake Community Schools**, the Meet Director, their agents, representatives, committees, and members from any and all claims or Rights to damage from injuries or losses suffered by me directly or indirectly participating in or attending the current MHSPLA Regional Meet.

SIGNATURE IN FULL OF
APPLICANT _____ DATE: _____

In consideration of the acceptance of my presence at or participation in this Power lifting competition I intend to be legally bound, for not only myself but also for my heirs, my executors, and my administrators. I signing this release from liability I waive and release everyone connected with competition from any and all liability including any results of negligence, which may arise from this competition.

SIGNATURE IN FULL OF
APPLICANT _____ DATE: _____