

# Michigan High School Power Lifting Association

## STATE CHAMPIONSHIPS

### Hosted By: Fenton High School

**DATE:** Friday, March 18, and Saturday, March 19, 2011

**PLACE:** Fenton High School 3200 W. Shiawassee Ave

**ENTRY FEE:** \$20.00 CASH or MONEY ORDER (NO Checks will be accepted)  
Lifters MUST PAY entry fee at the weigh-in site.

**WEIGH-IN SITES:** Durand, Fenton, Vassar, Shepherd, TC West,  
Edwardsburg, Jenison, Croswell Lexington

**Thursday, March 17, 2011, 6pm-8pm**

**WEIGH-IN:** Coaches MUST bring all CASH or MONEY ORDERS (made out to Fenton High School) and release forms to the weigh-ins. **Lifters MUST make weight in the weight class that they have qualified for.** All exemption letters must be signed by the Athletic Director verifying their participation in their respective sports.

**WRIST BANDS:** Wrist bands will be given at the weigh-in sites once a lifter has PAID, turned in all forms, and has made weight in a class that they have qualified in.

**OPENERS:** Opening lifts must be declared at weigh-in on Thursday March 17, 2011, and **cannot be changed on the day of the meet.**

**INDIVIDUAL AWARDS:** Women's Division 1<sup>st</sup>-5<sup>th</sup> medals in each weight class.  
JV and Varsity Men's Divisions 1<sup>st</sup>-10<sup>th</sup> medals, each weight class in each division.

**TEAM AWARDS:** Women: Top 3 teams  
JV and Varsity Men: Top 5 teams.

**IMPORTANT:** **In order to compete for the TEAM championship, EACH school will need to provide 2 quality judges for the meet.** They may or may not be used some time during the meet. Each school will have only 1 judging at a time.

**TIME:** Friday, March 18<sup>th</sup> - ALL Women

Check in - 4:30 pm  
Rules Meeting - 5:00 pm  
Lifting Begins - 5:30pm

Saturday, March 19<sup>th</sup> - JV Boys

Check in- 8:00am  
Rules Meeting- 8:30am  
Lifting Begins- 9:00am

Saturday, March 19<sup>th</sup> - Varsity Boys

Check in - 12:30pm  
Rules Meeting - 1:00 PM  
Lifting Begins - 1:30 PM

**MEET DIRECTOR: Jeff Setzke (810287-2957 (cell))**

[jsetzke@fenton.k12.mi.us](mailto:jsetzke@fenton.k12.mi.us)

**ELIGIBILITY:** Open to all 7<sup>th</sup>-12<sup>th</sup> 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 have qualified at a MHSPLA qualifying meet. **All lifters that participated in a winter sport must have a letter from their school confirming the sport they played. It must have the schools letter head and be signed by the Athletic Director.** This letter will then be presented at the weigh in site.

**RULES:** MHSPLA rules will govern this meet. A copy of the rule book can be found on [www.mhsfca.com](http://www.mhsfca.com)

**WEIGHT CLASSES:**MEN:114, 123, 132, 145, 155, 165, 181, 194, 207, 220, 242,275, SHW  
WOMEN: 97, 105, 114, 123, 132, 145, 155, 165, 181, 198, 220, SHW

**EQUIPMENT:** This will be a RAW Meet (Belt ONLY). Shorts and one (1) t-shirt. No singlet's allowed. 4-inch belt ONLY. No padding in back or any type of Velcro straps allowed. Long socks **REQUIRED** for dead lift.

**ADMISSIONS:** \$ 3.00 individual \$ 5.00 per family.

\*\* Information needed at weight in site

**OPENING ATTEMPTS EXAMPLE**

<u>NAME:</u>	<u>School:</u>	<u>ACTUAL WT.</u>	<u>GRADE</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>DEADLIFT</u>
Steve Kingsburry	Whitmore Lake	162.4	9/10	325	175	350
Chad Nuttle	Whitmore Lake	212.3	11/12	450	300	440

# Fenton High School

## State Finals - Entry Form

\$20.00 per lifter registration

Grade \_\_\_\_\_ Weight Class \_\_\_\_\_ Sex \_\_\_\_\_

Name \_\_\_\_\_ High School \_\_\_\_\_

Home Address \_\_\_\_\_

Check Division Entered:

\_\_\_\_\_ JV \_\_\_\_\_ 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 Fenton Public 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 Fenton High School Schools 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. 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. 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 won. 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 IN FULL OF  
APPLICANT \_\_\_\_\_ DATE: \_\_\_\_\_

SIGNATURE IN FULL OF  
PARENT OR  
GUARDIAN \_\_\_\_\_ DATE: \_\_\_\_\_

# **NON LIFTER RELEASE FROM** **LIABILITY**

This form is for any person 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.

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 the Fenton High School, 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 2011 MHSPLA State 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: \_\_\_\_\_