



2011



Class "C" State Powerlifting Championships

Centura High School
201 Highway 11, Cairo, NE 68824

SCHEDULE OF EVENTS: Friday, March 18th, Early Weigh ins-7:00-8:00PM. Saturday, March 19th WEIGH-INS and EQUIPMENT CHECK 7:00am-8:00am. LIFTERS RULES BRIEFING-8:15am. LIFTING STARTS-9:00AM. Please be on time for rules briefing!

ELIGIBILITY: OPEN TO ALL CLASS "C" NEBRASKA HIGH SCHOOL STUDENTS

ENTRY FEES: \$25 per lifter. Team Entry Fee - \$50 per team per division (Boys, Girls, Co-Ed).

RULES: Though this meet will not be sanctioned, the rules of USA Powerlifting will apply.

TEAMS: All team rosters with entry fees must be submitted by the entry deadline. Final changes will be allowed up to 8 am Saturday. Teams may consist of up to max of 10 lifters/with no more than two lifters per weight class. Co-Ed teams may have no more than 7 boys or 7 girls. Team scoring is: 10, 7, 5, 3, 1.

ENTRY DEADLINE: Wednesday **March 2nd!** Entries postmarked after this date will **NOT** be accepted unless prior Meet Director approval is obtained and a \$15 Late Fee Enclosed. No Team entries will be accepted after the entry deadline without prior approval. No Entries after March 8th! No full Refunds!

WEIGHT CLASSES:

Boys: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, Hwt.

Girls: 97, 105, 114, 123, 132, 148, 165, 181, 198, 198+

AWARDS: **Individual 1st-5th** place medals in each weight class. Team awards; 1st-3rd place trophies for each division, Boys, Girls, & Co-Ed. Best Male and Female lifter awards.

ATTIRE: Gym shorts must be above the knee in length! Lifters with too long of shorts will be asked to change or roll them up. No Baggy or Compression shorts! No sweatshirts or pants. T-shirts must be short sleeved & tucked in. Single ply lifting suits and bench shirts will be allowed but must be checked prior to lifting. Athletic type shoes must be worn. **Shin length socks must be worn in the dead lift!** Lifting Belts cannot be wider than 4 inches. No Padded or Velcro Belts and No Lifting Gloves! No hats or bandanas. No torn or dirty equipment allowed. Any questions about your lifting gear should be asked during rules briefing or at weigh-ins. Lifters missing all 3 lifts of same type will not place nor earn team points.

Proceeds from this meet go to the Centura Weight Lifting Program and Centura High School.

For information: Contact the Meet Director, Mike Kerby @ 308-485-5809. Or you may email me at: mkerby107@msn.com. This contest space is limited to the first 120 lifters. So Please Enter Early!

2011
Nebraska Class "C"
State High School
Powerlifting Championships

ENTRY FORM
(PLEASE PRINT)

Name: _____ Address: _____

City: _____ State: _____ Zip Code: _____

Phone #: _____ Date of Birth: ___/___/___ Age: _____

Weight Class: _____ Sex: Male ___ Female ___ E Mail: _____

Best Lifts: Squat _____ Bench Press _____ Dead Lift _____ Total _____

School Attending: _____ Grade in School (Circle): FR, SO, JR, SR.

IN CONSIDERATION OF YOUR ACCEPTING THIS ENTRY, I HEREBY FOR MYSELF AND MY HEIRS, RELEASE ALL RIGHTS/CLAIMS FOR DAMAGES OR INJURIES I MAY HAVE AGAINST CENTURA HIGH SCHOOL, MIKE KERBY, ALL OTHER MEET/SCHOOL STAFF, SPOTTERS/LOADERS/REFEREES/SCHOOL SPONSORS AND BOARD MEMBERS, AS A RESULT OF MY TRAVELING TO AND FROM, AND PARTICIPATING IN THE ABOVE LISTED COMPETITION. I MAKE THIS RELEASE AND WAIVER OF CLAIM WITH FULL KNOWLEDGE OF THE HAZARDS AND INHERENT RIGHTS ASSOCIATED WITH THE ABOVE LISTED COMPETITION. I HEREBY ASSUME THE RISK OF INJURY AND PROPERTY DAMAGE LOSS. ALSO IN CONSIDERATION OF YOUR ACCEPTING THIS ENTRY I HEREBY SIGN OVER MY RIGHTS TO BE VIDEO TAPED AND/OR PHOTOGRAPHED TO THE MEET DIRECTOR AND/OR DESIGNEES. I AM FULLY AWARE THAT I WILL RECEIVE NO ROYALTIES AND/OR COMPENSATION FOR USE/RESALE OF THE VIDEOTAPES/PHOTOGRAPHS.

Signature: _____ Date: _____ Meet Entry Fee \$25

Parents: _____ Date: _____ Optional Meet T-Shirt \$12

School Official _____ Date: _____ T-Size _____ \$ Total _____

MAKE CHECKS PAYABLE AND MAIL ENTRIES TO:

Centura Weightlifting Program, Centura High School, 201 Highway 11, Cairo, NE 68824 By deadline March 2, 2011

- **ENTRY FEE MUST ACCOMPANY ENTRY FORM!!! ALL SIGNATURES MUST BE INCLUDED ON ENTRY FORM!!! INCOMPLETE ENTRIES WILL BE RETURNED!!!**
- **A STUDENT ID MAY BE REQUIRED AT MEET! T-shirt quantities will be limited, please preorder!**