

PERU STATE POWERLIFTING MEET

(Sponsored by Peru State Football Booster Club)

DATE: Saturday, February 10th, 2018

LOCATION: Peru State College Campus (Al Wheeler Center)

MEET DIRECTOR: Tim Bowen-Contact at home (402) 734-2402 or cell-(402) 650-5121.
Email: bowen7109@cox.net or tbowen@paplv.org

ELIGIBILITY: High School students grades 9-12 enrolled during the 20017/2018 school year.

COMPETITION LIFTS: Squat, Bench Press, and Dead Lift. Judged by USA Powerlifting Rules. Gym shorts and shirts are acceptable instead of lifting suits. No sweatpants, sweatshirts, leotards, tights, knee braces, or multiple layer clothing. Shirts must be worn during all lifting events. Long baggy shorts will not be allowed for the squat. Shoes must be worn at all times.

WEIGH-INS: ALL WEIGH-INS ARE FINAL (NO CHANGES)

Friday: 6:30 p.m. to 9:00 p.m.

Saturday 6:30 a.m. to 8:00 a.m.

****Lifting begins at 9:00 a.m.****

WEIGHT CLASSES: BOYS: 114, 123, 132, 148, 165, 181, 198, 220,
242, 275, UNL

GIRLS: 97, 105, 114, 123, 132, 148, 165, 181, 198,
UNL

(PLEASE EMAIL ME T-SHIRT SIZES BY FEBRUARY 1st)

TEAMS:

Boys: Points will be awarded to the five places in each weight class. No more than ten lifters may count towards team points: no more than two lifters per weight class may count as team points. Team rosters must be turned in with entry fees. **Note:** Team rosters may be changed, but must be turned in prior to the start of the meet. **Team Points** are as follows: **1st**-7pts., **2nd**-5pts, **3rd**-3pts., **4th**-2pts, **5th**-1pt.

Girls: Points will be awarded to the top three places in each weight class. No more than ten lifters may count toward team points: no more than two lifters per class may count as points. Team rosters must be turned in with entry fees. **Note:** Team rosters may be changed, but must be turned in prior to the start of the meet. **Team Points** are as follows: **1st**-7pts, **2nd**-5 pts. **3rd**-3 pts, **4th** -2pts, **5th**-1pt.

AWARDS:

Boys: Medals for top five lifters in each weight class.

Girls: Medals for top five lifters in each weight class.

Lifter of the meet: Determined by Wilke Co-efficient for men and women

Boys: Light Weight (114 lbs. -165 lbs.) Heavy Weight (181lbs - UNL)

Girls: Light Weight (97 lbs. -132 lbs.) Heavy Weight (148 lbs – UNL)

Team Trophies: Girls and Boys—Champion and Runner Up
Co-Ed Champion and Runner Up

ENTRY FEE: Individual entry: \$40.00 per contestant (Includes T-Shirt)

**EACH INDIVIDUAL LIFTER MUST PAY \$40.00 INDIVIDUAL ENTRY FEE
EVEN IF THEY ARE INCLUDED IN THE TEAM COMPETITION**

Team Entry: \$50.00 per team

**THIS FEE DOES NOT CANCEL THE INDIVIDUAL FEES. THIS \$50.00 FEE
ALLOWS YOUR TEAM TO COMPETE IN THE TEAM COMPETITION OF
THE MEET**

ENTRY DEADLINE: February 5th, 2018

A. Return attached entry, payment, and team roster to Meet Director.

Tim Bowen
11308 S 44th Ave
Bellevue, NE 68123

B. Please send only one check for team lifters. Make checks payable to:

Peru State College Football Booster Club

C. **Every participant is getting a t-shirt.** Please send me an email with your Name, School, and **t-shirt size** to tbowen@paplv.org or bowen7109@cox.net

PERU STATE POWERLIFTING MEET

INDIVIDUAL ENTRY

Name _____

Address _____

Email _____

School _____

Age _____ Male: _____ Female: _____

Grade _____

Weight _____

Previous best lifts—Bench _____ Squat _____ Dead Lift _____

In consideration of my entry, I hereby, for myself, my executors, and administrators, waive and release the meet director, Peru State College, and all participating sponsors, supporters, referees, and spotters/loaders of injuries or loss sustained as a result of traveling to, participating in, and/or traveling from the above listed contest. I make this release and waiver of claim with the full knowledge of hazards and inherent risks associated with the above listed contest. I hereby expressly assume liability for any risk of injury and property damage/loss.

Lifters Signature

Parent/Legal Guardian

Coach/Administrator

Date

Entry Deadline: February 5th 2018

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TEAM ROSTER

List each lifters name and their weight class from lightest lifter to heaviest lifter. No more than 10 lifters (Boys) 10 lifters (Girls) and no more than two lifters per weight class. The same rules apply for Coed teams, but you can't have more than 7 boys or 7 girls in your team of 10. Scoring for all team points is as follows: 1St- 7pts., 2nd-5pts.,3rd-3pts.,4th-2pts.,5th-1pt.

Name of School _____

Type of roster: Boy Girl CO-ED

1. Name _____ Wt. Class _____ Pts _____

2. Name _____ Wt. Class _____ Pts _____

3. Name _____ Wt. Class _____ Pts _____

4. Name _____ Wt. Class _____ Pts _____

5. Name _____ Wt. Class _____ Pts _____

6. Name _____ Wt. Class _____ Pts _____

7. Name _____ Wt. Class _____ Pts _____

8. Name _____ Wt. Class _____ Pts _____

9. Name _____ Wt. Class _____ Pts _____

10. Name _____ Wt. Class _____ Pts _____

