***LEE HIGH SCHOOL*
PUSH/PULL POWERLIFTING MEET
SATURDAY, DEC. 15th, 2018**

**Time:**  Doors open at 8:30 AM

 Coaches meeting at 9:00 AM

 Rules meeting for lifters at 9:15 AM

 Lifting starts at 9:30 AM

**Place:**  Godfrey-Lee High School Gymnasium

 1335 Havana St. Wyoming, MI 49519

**Classes:** **RAW ONLY**Shorts, a short sleeve T-shirt or compression shirt, athletic shoes, boots, **long athletic socks** for the dead lift, and a 4-inch belt (No padded or Velcro belts.)

 JV and Varsity Women:

 97, 105, 114, 123, 132, 145, 155, 165, 181, 198, 220, 242, 242+

JV and Varsity Men:

 114, 123, 132, 145, 155, 165, 181, 194, 207, 220, 242, 275, SHW

**Awards**: 1st, 2nd, 3rd place individual medals

 1st place team trophies

**Entries:** **Deadline for pre-registration is Thursday, December 13, 3:00pm**

 **Meet capped at first 100 lifters**

E-Mail entries to Bill Hollstein william.hollstein@kentwoodps.org

Home weigh-ins are allowed

 Please include the following information for each lifter (Bench and Dead Lift Only):

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Name** | **School** | **Weight Class** | **Actual Weight** | **Division** | **1st Bench** | **1st Dead Lift** |
| John Rambo | Lee | 207 | 205 | V | 225 | 350 |

**Fees:** $10 per lifter if pre-registering (see above)

 $20 per lifter day of meet

 $3 Individuals

 $5 Families

**Other:** We have a goal to be done by 2:00 PM

 Any questions please contact Tom DeGennaro at 616-915-5016

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$10.00 if pre-registered (E-Mail MUST be received by Thursday, December 13th at 3 PM)

$20.00 day of the meet

If paying by check, please make out to: **Lee Football**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

High School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Weight Class: \_\_\_\_\_\_\_

Actual Weight: \_\_\_\_\_\_\_

Grade: \_\_\_\_\_\_\_

Division: JV Women \_\_\_\_\_\_\_ Varsity Women \_\_\_\_\_\_\_ JV\_\_\_\_\_\_\_ Varsity \_\_\_\_\_\_\_

Openings Lifts: Bench \_\_\_\_\_\_\_\_ Dead \_\_\_\_\_\_\_\_

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

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Lifter Waiver:

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

In addition to the foregoing, I specifically release Lee High School, the Lee Public Schools District, the Lee Football Booster Club, the meet director, meet assistants, and anyone connected with this contest, regardless of his/her contribution.

Printed Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Participant Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Coach/Spotter Waiver:

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.

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

High School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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 Lee Power Lifting Club, Lee Football Team, Godfrey-Lee Public 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 Lee High School Push/Pull Meet.

Participant Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_