

# The 2018 Powerlifting Season Opener @ North Branch High School

Hosted by the North Branch Football & Powerlifting Teams

**WHAT:** This is a FULL raw meet....SQUAT---BENCH---DEADLIFT.

**DATE:** Saturday, December 9, 2017

**TIME:** Doors open/check-in: 7:15am, Weigh-in: 7:30-8:30am,  
Rules & Coaches Meeting: 9:00, Lifting Begins: 9:30am

**PLACE:** North Branch High School – 6598 Brush Street – North Branch, MI 48461

**ENTRY FEE:** \$15.00 CASH or MONEY ORDER (*NO Checks will be accepted*)  
**\$20.00 FOR REGISTERING THE DAY OF THE MEET.**  
\$3.00 Admission for all spectators.

**REGISTRATION:** Coaches, E-MAIL all entries to [jferman@nbbroncos.net](mailto:jferman@nbbroncos.net)  
by 4:00 PM, Thursday, December 7, 2017.

*Lifters must register using the google sheets document provided on the  
MHSPLA website ([mhspla.net](http://mhspla.net)).*

*Coaches bring all monies with you on the day of the meet. Please remember  
payment must equal the total number of lifters you registered.*

**INCLUDE:** Lifters Name, School, Division, Actual Weight, Weight Class, and opening attempts.

NAME:	SCHOOL:	DIVISION:	ACTUAL WT.	WT. CLASS	GRADE	SQUAT	BENCH	DEAD
Joe Smith	North Branch	JVM	162.4	165	9	315	200	350
Sam Smith	CrosLex	VW	112.3	114	11	210	100	250

## **WEIGHT CLASSES:**

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

WOMEN: 97, 104, 114, 123, 132, 145, 155, 165, 181, 198, 220, 242, 242+

**SCORING:** We will be scoring 6, 4, 3, 2, 1. No more than 2 lifters from the same school will score in any division. (They may medal though.) A combined total score from all 4 divisions will determine the top 3 teams.

**AWARDS:** Individual: Medals 1<sup>st</sup> thru 3<sup>rd</sup>.

Varsity Men's Division, JV Men's Division, Women's Division, JV Women's Division

Individual: Trophies Pound-for-Pound Best:

Varsity Men's Division, JV Men's Division, Women's Division, JV Women's Division

Team: Trophies for Top 3 TEAMS:

Varsity Men, JV Men, Varsity Women, and JV Women Combined Scores

## **DRESS CODE**

1. 1 pair shorts
2. 1 short-sleeved T-shirt or compression shirt. The shirt **MUST** have sleeves.
3. Athletic shoes, boots, or non-competitive power lifting footwear.

\*Lifters will be allowed to wear under armour shirts, shorts, or any type of compression gear. Any compression gear not considered an unfair advantage to the lifter will be permitted.

## **EQUIPMENT**

1. BELTS
  - a. Lifters can use a 4-inch belt only.
  - b. The belt CANNOT have any padding.
  - c. Only a buckle or lever-locking device will be allowed.
2. SOCKS
  - a. All lifters MUST have HIGH SOCKS for deadlifting.
  - b. Only water is to be used on the legs.
  - c. NO BABY POWDER ALLOWED

\*If a lifter must wear a knee brace due to a current or pre-existing injury, the lifter MUST have a Doctors' note stating it is necessary.

3. TAPE
  - a. A lifter may tape their wrist.
  - b. A lifter is allowed a maximum of 2 inches of tape on the wrist

## **TIE BREAKERS**

Any tiebreakers in placing will be decided by:

1. The lower actual body weight.
2. Highest number of successful lifts.
3. The lifter who lifts the weight first.

# LIFTER REGISTRATION FORM

QUESTIONS: Contact meet director: Jeremy Ferman at 810-656-5915

All Lifters **MUST** fill this release page out and turn in at check-in.

\$15.00 (\$20.00 Day of) Entry Fee. Cash or Money order.

(NO CHECKS WILL BE ACCEPTED.)

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

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

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

Check Division Entered:

JVM \_\_\_\_\_ VM \_\_\_\_\_ VW \_\_\_\_\_ JVW \_\_\_\_\_

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

Home Phone: (\_\_\_\_\_) \_\_\_\_\_

In consideration of the acceptance of my entry form into the North Branch Bronco Powerlifting competition, I intend to be legally bound for not only myself, but also for my heirs, my executors and my administrators. In signing this release from liability form, 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 North Branch High School, the North Branch Area Schools' District, the meet director, meet assistants, and anyone connected with this contest, regardless of his/her contribution.

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

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

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

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

# Coaches/Spotter 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** necessarily 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 the North Branch Powerlifting Club, North Branch Football Team, North Branch Area 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 powerlifting meet.

SIGNATURE IN FULL OF  
APPLICANT \_\_\_\_\_ DATE: \_\_\_\_\_

In consideration of the acceptance of my presence at or participation in this Powerlifting 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: \_\_\_\_\_