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# Summer Splash Powerlifting Meet

# High School Powerlifting Meet (Raw division & Equipped) Sanctioned by USA Powerlifting

### **Saturday, July 25, 2015**

*Lifts – SQUAT, BENCH & DEADLIFT (FULL PL MEET) OR BENCH ONLY*

Location: Omro HS

455 Fox Trail

Omro, WI 54963

Co-Hosted Event: Omro Powerifting and Necedah Powerlifting

Meet Directors: Jason Kallas (920-203-8916) and Erich Mach

Awards: Individual awards will be calculated by WILKS scoring for all categories.

Individual Men & Women (each gender has the following awards listed below)

|  |  |
| --- | --- |
| Full 3 Lift Meet (RAW) | Full 3 Lift Meet (EQUIPPED) |
|  |  |
| \* 1st – 5th place Medal by wilks  Combined weight classes | \* 1st – 5th place Medal by wilks  Combined weight classes |

Schedule: (2 PLATFORMS) \*\* There is a RAW and EQUIPPED division

Registration, Weight – in and equipment check – 7:00 to 8:30 A.M.

Warm-Up time - 8:15 AM – 8:55 AM Lifting begins at 9:00 A.M.

FULL “3 LIFT” PL MEET (2 PLATFORMS) \*\* There is a RAW and EQUIPPED division

Registration, Weight – in and equipment check – 7:00 to 8:30 A.M.

Warm-Up time - 8:30 – 8:55 AM Lifting begins at 9 A.M.

Entry Fee:

Full meet – $50 Per Lifter (Does not include any USAPL card fees)

Eligibility: This meet is minimum age of 14 years old on the day of competition. High school graduates from the ’14-15 school year are not allowed to participate. All USA Powerlifting card members who hold current 2015-2016 memberships or. Lifters can purchase a membership card at the meet venue. Must have not used strength inducing drugs in the last three years (36 months), and prescriptions diuretics or banned stimulants in the 7 days prior to the contest. THIS IS A DRUG TESTED MEET.

Equipment – Bench shirts authorized - equipment must meet IPF standards for 2015-16 rules.

Entry Form Address – Kristy Kolodzik (c/o) Summer Splash Powerlifting Meet 134 Fox Trail - Omro, WI 54963

Make Checks Payable to : Omro Powerlifting Club

Entries Must be post marked by July 15st,, 2015

Late fee $20 on entry forms accepted the day of the meet and no refunds.

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### **Saturday, July 25, 2015**

*Lifts – SQUAT, BENCH & DEADLIFT (FULL PL MEET)*

Location: Omro HS 455 Fox Trail

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age\_\_\_\_\_\_\_ Date of Birth\_\_\_\_\_\_\_\_\_\_\_\_\_

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

State\_\_\_\_\_\_ Zip\_\_\_\_\_\_\_\_\_\_\_\_ Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Weight Class\_\_\_\_\_\_\_\_ USAPL Card#\_\_\_\_\_\_\_\_\_\_\_

Choose ONE Division:

\_\_\_\_\_\_\_RAW 3-LIft (Note – must lift all 3 lifts RAW to be considered RAW)

\_\_\_\_\_\_\_EQUIPPED 3-Lift

## RELEASE FROM LIABILITY

**Read this release carefully. When you sign it, you will be giving up important rights.**

In consideration of the acceptance of my entry blank in this powerlifting competition, I intend to legally bound for not only myself, also my heirs, my executors, and my administrators. In signing this release from liability, I waive and release everyone connected with this competition from any and all liability, which may arise from this competition. Moreover, I agree that any testing method which the meet directors and the sponsors of the meet use to detect the presence of strength inducing drugs SHALL BE CONCLUSIVE. That is whatever I think the results of the test are right or wrong, I agree that I have no right to challenge the results of the test. I further agree to submit to any physical tests, which may be necessary to complete the drug testing. Should I fail to pass the drug test, I agree to waive any claim, which might arise under state law for defamation, slander, or libel, or any other claim on which legal relief is available. I agree to pay any attorney fees and litigation expenses incurred by any person, real or corporate whom I may sue in an effort to challenge this release from liability. I understand that my agreement to

pay attorney fees and litigation expenses is the sine que ono for the acceptance of my entry in this contest.

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

Signature of contestant Date Signature of parent or guardian if under 18 years old

##### CERTIFICATION

I hereby give my word of honor as an athlete that I have not used any strength inducing drugs (i.e. any anabolic steroids or natural hormone) as part of my training during the past 36 months, or any prohibited stimulants or diuretics in the past 7 days prior to this contest.

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

Signature, in full, of competing Powerlifter Date

Entry Form Address – Kristy Kolodzik (c/o) Summer Splash Powerlifting Meet 134 Fox Trail - Omro, WI 54963

Make Checks Payable to : Omro Powerlifting Club

Entries Must be post marked by July 15st, 2015

Late fee $20 on entry forms accepted the day of the meet and no refunds.

**Note – the meet will cap out at 100 lifters overall and the deadline is strictly enforced. Be sure to send in entries on time to ensure you have a spot to lift.**