

# River Falls High School Regional Powerlifting Meet

**Location:** River Falls High School Gym  
**Date:** Saturday, December 8, 2018  
**Events:** Squat, Bench Press, Deadlift

**Awards:** Medals 1<sup>st</sup>-5<sup>th</sup> Place (Men/Women- Varsity/Junior Varsity)  
BEST LIFTER for Varsity Men/Women determined by Wilkes Formula with 20% allowance for raw lifters  
TEAM TROPHIES for 1<sup>st</sup> Place for Men/ Women (Varsity only) - Combined best 10 lifter finishes per team raw. Equipped lifters cannot win overall or team awards.

**Rules:** All rules from USAPL apply, including lifting procedures and judging. Lifters must wear a singlet or one-piece lifting suit for all lifts. No bench shirts allowed. Long socks are **required** for deadlift.

**Scoring:** Team Points will be given to the top ten finishers in the Varsity Division. No more than two per weight class can be scored.  
POINTS: 12-9-8-7-6-5-4-3-2-1

**Schedule:** 7:00-8:30AM - Weigh-ins (Locker rooms)  
8:30-8:50AM - Rules Meeting  
9:15AM - Lifting Begins

**Entry Fee:** \$20.00 per lifter (Prior to 11/30/18) Mail Entry to:  
\$25.00 per lifter (Day of the meet) River Falls Powerlifting  
c/o Shelby Myszewski  
2111 Rushmore Drive  
River Falls, WI 54022

**Divisions:** Checks payable to River Falls Powerlifting  
Varsity- Open (Grades 9-12)  
Junior Varsity (Grades 9-10)

**Contact:** Shelby Myszewski (651) 470-8289 or rfpowerlifting@gmail.com  
Entry Deadline- Friday, November 30, 2018

Name (Please Print) \_\_\_\_\_ Age/Grade \_\_\_\_\_

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

Phone \_\_\_\_\_ Male / Female Birth date \_\_\_\_\_

School \_\_\_\_\_ Varsity (9-12)/Junior Varsity (9/10) – Circle one

Weight Class – Circle one

MEN: 114 123 132 148 165 181 198 220 242 275 SHW Lifting Raw or Equipped – Circle one

WOMEN: 97 105 114 123 132 148 165 181 198 198+

I, the undersigned, agree to waive all claims against River Falls Powerlifting Club, the meet director, administrators, sponsors and executors for injuries received during travel to and from, and/or participation in the River Falls Powerlifting Meet.

\_\_\_\_\_  
PARENT/GUARDIAN SIGNATURE IF UNDER 18

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PARTICIPANT'S SIGNATURE