

**Wamego High School
And Special Olympics Kansas
Powerlifting Classic
@ Wamego High School
Saturday, March 3, 2018**

Contact Information

Brad Koehn
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785-456-2214 (school)

Meet Information

Check-in between: 7:30-8:30 AM

Coaches Meeting: 8:30 AM

Lifting starts: 9:00 AM

Pre-Registration Deadline: **February 22nd by 3PM**

Registration Fee: \$20.00

Make checks payable to: WHS Powerlifting

Online Website/Register **www.hyperlifter.com**

Weigh in Date: **Enter official weights online on or before Friday, March 2, by 3:00 PM**

AWARDS

*Medals for 1st, 2nd, and 3rd for bench, squat and clean (Deadlift for Special Olympics competitors.) in each weight class.

*There will not be team awards.

COACH'S INFORMATION-

Coaches Online Registration Directions- **www.hyperlifter.com** -log-in or create an account. Once account is created then join Wamego Powerlifting Classic 2018. Then you can online register all lifters.

***A concession stand will be available serving breakfast and lunch. Hospitality room will be available to Coaches/Drivers.**

****T-shirts will be available for purchase at the meet, but supplies minimal (Pre-order online)**

*****We reserve the right to stop taking entries in order to keep the meet at a manageable size.**

******Squat suits or bench shirts will NOT be allowed. Also knee and elbow wraps will NOT be allowed. No smelling salts will be allowed. Belts for Squat, and wrist straps and belts for Cleans will be allowed.**

Wamego High School 2018 Wamego Powerlifting Classic

Weight classes

Women: 105, 114, 123, 132, 140, 148, 156, 165, 180, PWT

Men: 114, 123, 132, 140, 148, 156, 165, 173, 181, 198, 220, 242, HWT

JR. Division Men: 105, 114, 123, 132, 140, 148, 156, 165, 173, 181, 198, 220, HWT

Special Olympics Men: 111, 130, 145.5, 163, 183, 205, 231, 264.5, 264.75+

Special Olympics Women: 95.75, 103, 114.5, 125.5, 139, 158.5, 185, 185.25+

Entry Fee

Registered by February 22, 2018 \$20.00

T-Shirt (order online with entry) \$15.00

PAYMENT – CHECKS TO WHS POWERLIFTING – COACHES CAN BRING FORMS AND ENTRY FEES TO THE MEET.

NAME: _____ GRADE: _____

SCHOOL: _____ ACTUAL WEIGHT: _____

DIVISION: _____ WEIGHT CLASS: _____

ENTRY FEE: _____ + T-SHIRT: _____ = TOTAL _____

OPENING LIFTS

BENCH: _____ SQUAT: _____ CLEAN: _____

T-SHIRT SIZE ORDERED: S M L XL XXL 3XL

(Circle One)

Consent Form

Name _____

School _____ Grade _____

In consideration of your acceptance of my entry, I hereby, for myself, my heirs, executors or administrators; waive any and all right or claim for damages I may have against Wamego High School, USD 320, school board, school staff, meet judges, meet spotters, or weight lifting team. I also realize the sport of weight lifting is a high-risk sport and I could be injured. I certify that I am in good health and have no serious problems and assume all risks for injury and so hereby verify by my signature.

Signature of Lifter _____ Date _____

Parent or Guardian _____ Date _____

Administrator or Coach _____ Date _____