



Laconia Powerlifting Invitational



DATE: December 2nd, 2023

PLACE: Laconia High School - 301 W. Division Street, Rosendale, WI 54974

DIRECTOR: Michael White **PHONE:** 920-960-0865 **EMAIL:** excel2bwell@gmail.com

* Coaches please email me so I can include you on the google form for registration purposes so that LiftingCast can be populated prior to meet day.

TIME: 7:00 AM - 8:15 AM - Weigh-in and equipment check

8:25 AM - 8:35 AM - Rules Meeting

8:35 AM - 9:00 AM - First Flight Warm-ups

9:00 AM - Lifting Begins

ELIGIBILITY: Open to all high school athletes in good standing. \$20.00 per athlete (No refunds for pre-registrations)

RULES: All U.S.A.P.L rules apply. A ONE PIECE LIFTING SUIT/SINGLET IS A REQUIREMENT!

******DEADLINE: Tuesday, November 21st, 2023 (NO LATE ENTRIES WILL BE ACCEPTED)******

WT. CLASSES: (WOMEN) 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, 242+

(MEN) 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, SHWT

INDIVIDUAL AWARDS:

TEAM AWARDS:

Varsity Girls (Raw and Equipped) 1-3 Place

1-3 Place Varsity Male and Female

JV Girls (Raw and Equipped) 1-3 Place

Raw and Equipped

Varsity Boys (Raw and Equipped) 1-3 Place

1st Place JV Male and Female

JV Boys (Raw and Equipped) 1-3 Place

Raw and Equipped

***** TEAM SCORING:** by place 12-9-8-7-6-5-4-3-2-1 (\$20.00 Team Entry Fee paid on day of meet)

PAYMENTS TO: Laconia Powerlifting Club Attn: Mike White

301 W. Division Street

Rosendale, WI 54974

NAME(PRINT) _____ **GENDER:** M or F **AGE:** _____

ADDRESS: _____ **CITY:** _____ **ZIP** _____

SCHOOL: _____ **GRADE:** 9 - 10 - 11 - 12 (Circle One)

WEIGHT CLASS: _____ **RAW or EQUIPPED** (Circle One)

DIVISION: VARSITY or JV (Circle One) I, the undersigned, do hereby agree to waive all claims against the Laconia meet director, administration, sponsors, and executors for injuries received during travel (to and from) and/or participation in the Laconia Powerlifting Meet.

(Participant Signature)

Parent/Guardian Signature (if under 18)