

NEENAH ROCKET POWERLIFTING INVITATIONAL

DATE: February 3rd ,2024

PLACE: Neenah Middle School Einerson Fieldhouse
(Former Neenah High School)
DIRECTOR: Joe Lewis PHONE:Cell (920) 920-205-3315
TIME: 7:00-8:30 a.m. Weigh-in and equipment check
8:30-8:50 a.m. Rules meeting;
8:50-9:15 a.m. First flight warm-ups
9:15 a.m. - Lifting begins
ELIGIBILITY: Open to all high school athletes



\$20.00 PER ATHLETE

AWARDS:

Varsity Boys: 1st-3rd place medals (9-12th grade) in both Raw and Equipped
J.V. Boys: 1st-3rd place medals (9-10th grades only)) in both Raw and Equipped
J.V. athletes must be 16yrs. of age or younger on day of meet
Varsity Girls: 1st-3rd place medals (9-12th grade)) in both Raw and Equipped
J.V. Girls: 1st-3rd place medals (9-10th grades only)) in both Raw and Equipped
J.V. athletes must be 16yrs. of age or younger on day of meet

Best Lifter: Varsity: 1st place best lifter for both boys and girls in both raw and equipped competition for both varsity and JV
Team: 1st-2nd place Varsity and 1st place J.V boys and girls in both Raw and Equipped
(\$20.00 entry fee per team entered)

Wt. Classes: (Mens) 114, 123, 132, 148, 165,181, 198, 220, 242, 275, SHWT
(Women's) 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, 242+
Scoring: by place 12-9-8-7-6-5-4-3-2-1

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

DEADLINE: **January 29th** (entries will not be accepted on the day of meet)

Make check payable to: **Neenah Powerlifting Club**

Send to: Joe Lewis
Horace Mann Middle School
1021 Oak Street
Neenah, WI 54956

Name(Print)_____ Age_____

Grade_____

Address_____ City_____ Zip_____ Sex (M - F) (Circle One)

School_____ Grade 8 - 9 - 10 - 11 - 12 (Circle One)

Weight Class_____ (Circle One) Raw or Equipped

Division: (Circle One) Varsity OPEN (9-12) or J.V. (9-10) NO CHANGES AFTER 9AM

I, the undersigned, do hereby agree to waive all claims against the Neenah meet director, administrators, sponsors, and executors for injuries received during travel (to and from) and/or participation in the Neenah Powerlifting Meet.

Coaches PLEASE send in a roster in a google doc format spreadsheet by **January 29th** Listing **Name, Age, Raw or Equipped, weight class and division Varsity or JV as well as their ER rack height.** You can bring paper entries **PROOF OF GOOD STANDING** and fees day of competition to Registration table. Thank you!

Please consider bringing 1 or more non perishable food items for our Local Blessing Box. This is a food pantry that allows individuals to take what they need while encouraging them to bring what they can!



Participant's Signature

Parent/Guardian's Signature (if under 18)