

# PERU STATE POWERLIFTING MEET

(Sponsored by Peru State Football Booster Club)

**DATE:** Saturday, February 27<sup>th</sup>, 2010

**LOCATION:** Peru State College Campus (Al Wheeler Center)

**MEET DIRECTOR:** Tim Bowen-Contact at home (402) 734-2402 or cell-(402) 650-5121.  
Email: [bowen7109@cox.net](mailto:bowen7109@cox.net) or [tbowen@paplv.esu3.org](mailto:tbowen@paplv.esu3.org)

**ELIGIBILITY:** High School students grades 9-12 enrolled during the 2009/2010 school year.

**COMPETITION LIFTS:** Squat, Bench Press, and Dead Lift. Judged by USA Powerlifting Rules. Gym shorts and shirts are acceptable instead of lifting suits. No sweatpants, sweatshirts, leotards, tights, knee braces, or multiple layer clothing. Shirts must be worn during all lifting events. Long baggy shorts will not be allowed for the squat. Shoes must be worn at all times.

**WEIGH-INS: ALL WEIGH-INS ARE FINAL (NO CHANGES)**

Friday: 6:30 p.m. to 8:00 p.m.

Saturday 6:30 a.m. to 8:00 a.m.

**\*\*Lifting begins at 9:00 a.m.\*\***

**WEIGHT CLASSES: BOYS: 114, 123, 132, 148, 165, 181, 198, 220,  
242, 275, UNL**

**GIRLS: 98, 105, 114, 123, 132, 148, 165, 181,  
UNL**

## **TEAMS:**

**Boys:** Points will be awarded to the five places in each weight class. No more than ten lifters may count towards team points: no more than two lifters per weight class may count as team points. Team rosters must be turned in with entry fees. **Note:** Team rosters may be changed, but must be turned in prior to the start of the meet. **Team Points** are as follows: **1<sup>st</sup>**-7pts., **2<sup>nd</sup>**-5pts., **3<sup>rd</sup>**-3pts., **4<sup>th</sup>**-2pts., **5<sup>th</sup>**-1pt.

**Girls:** Points will be awarded to the top three places in each weight class. No more than ten lifters may count toward team points: no more than two lifters per class may count as points. Team rosters must be turned in with entry fees. **Note:** Team rosters may be changed, but must be turned in prior to the start of the meet. **Team Points** are as follows: **1<sup>st</sup>**-7pts., **2<sup>nd</sup>**-5 pts., **3<sup>rd</sup>**-3 points.

## **AWARDS:**

**Boys:** Medals for top five lifters in each weight class.

**Girls:** Medals for top three lifters in each weight class.

**Lifter of the meet:** Determined by Wilke Co-efficient for men and women

**Boys:** Light Weight (114 lbs. -165 lbs.) Heavy Weight (181lbs - UNL)

**Girls:** Light Weight (97 lbs. -132 lbs.) Heavy Weight (148 lbs – UNL)

**Team Trophies:** Girls and Boys—Champion and Runner Up

**ENTRY FEE: Individual entry:** \$30.00 per contestant

**EACH INDIVIDUAL LIFTER MUST PAY \$30.00 INDIVIDUAL ENTRY FEE  
EVEN IF THEY ARE INCLUDED IN THE TEAM COMPETITION**

**Team Entry:** \$50.00 per team

**THIS FEE DOES NOT CANCEL THE INDIVIDUAL FEES. THIS \$50.00 FEE  
ALLOWS YOUR TEAM TO COMPETE IN THE TEAM COMPETITION OF  
THE MEET**

**ENTRY DEADLINE:** February, 22, 2010

A. Return attached entry, payment, and team roster to Meet Director.

Tim Bowen  
7109 South 49<sup>th</sup> Ave Cir  
Bellevue, NE 68157

B Please send only one check for team lifters, Make checks payable to:  
**Peru State College Football Booster Club**

**PERU STATE POWERLIFTING  
MEET**

**INDIVIDUAL ENTRY**

Name\_\_\_\_\_

Address\_\_\_\_\_

\_\_\_\_\_

Email\_\_\_\_\_

School\_\_\_\_\_

Age\_\_\_\_\_

Grade\_\_\_\_\_

Weight\_\_\_\_\_

Previous best lifts—Bench\_\_\_\_\_Squat\_\_\_\_\_Dead Lift\_\_\_\_\_

In consideration of my entry, I hereby, for myself, my executors, and administrators, waive and release the meet director, Peru State College, and all participating sponsors, supporters, referees, and spotters/loaders of injuries or loss sustained as a result of traveling to, participating in, and/or traveling from the above listed contest. I make this release and waiver of claim with the full knowledge of hazards and inherent risks associated with the above listed contest. I hereby expressly assume liability for any risk of injury and property damage/loss.

\_\_\_\_\_  
Lifters Signature

\_\_\_\_\_  
Parent/Legal Guardian

\_\_\_\_\_  
Coach/Administrator

\_\_\_\_\_  
Date

**Entry Deadline:** February 22, 2010

**PERU STATE POWERLIFTING MEET**

## TEAM ROSTER

List each lifter's name and their weight class from lightest lifter to heaviest lifter. No more than 10 lifters (Boys) 10 lifters (Girls) and no more than two lifters per weight class.

Scoring for boys team points is as follows: 1<sup>st</sup>-7pts., 2<sup>nd</sup>-5pts., 3<sup>rd</sup>-3pts., 4<sup>th</sup>-2pts., 5<sup>th</sup>-1pt.

Scoring for the girls is as follows:

1<sup>st</sup>-7pts., 2<sup>nd</sup>-5pts., 3<sup>rd</sup>-3pts.

Name of School \_\_\_\_\_

Type of roster:      Boy                      or                      Girl

1. Name \_\_\_\_\_ Wt. Class \_\_\_\_\_ Pts \_\_\_\_\_

2. Name \_\_\_\_\_ Wt. Class \_\_\_\_\_ Pts \_\_\_\_\_

3. Name \_\_\_\_\_ Wt. Class \_\_\_\_\_ Pts \_\_\_\_\_

4. Name \_\_\_\_\_ Wt. Class \_\_\_\_\_ Pts \_\_\_\_\_

5. Name \_\_\_\_\_ Wt. Class \_\_\_\_\_ Pts \_\_\_\_\_

6. Name \_\_\_\_\_ Wt. Class \_\_\_\_\_ Pts \_\_\_\_\_

7. Name \_\_\_\_\_ Wt. Class \_\_\_\_\_ Pts \_\_\_\_\_

8. Name \_\_\_\_\_ Wt. Class \_\_\_\_\_ Pts \_\_\_\_\_

9. Name \_\_\_\_\_ Wt. Class \_\_\_\_\_ Pts \_\_\_\_\_

10. Name \_\_\_\_\_ Wt. Class \_\_\_\_\_ Pts \_\_\_\_\_

