**MHSPLA**

**Junior Varsity State Championships**

**Hosted By: Henry Ford II High School**

**DATE**: **Saturday, March 5, 2022**

**PLACE:** **Henry Ford II High School, 11911 Clinton River Road, Sterling Height, MI 48313**

**REGISTRATION DEADLINE: Registration BEGINS at 3:00pm on Wednesday, March 2, 2022** and **ENDS** **at 6:00pm** **Wednesday, March 2, 2022 NO REGISTRATIONS WILL BE ACCEPTED EARLIER.**

**ENTRY FEE:** $25.00 CASH or MONEY ORDER (NO personal checks will be accepted)

Lifters MUST PAY entry fee at the weigh-in site.

 **NO LATE REGISTRATION OR WALK-INS ALLOWED – ONLY LIFTERS WHO HAVE QUALIFIED FOR THE STATE CHAMPIONSHIPS MAY PARTICIPATE**

**MEET DIRECTOR: Sharon Waller –** hf2powerlifting@gmail.com 586-924-9206

**AWARDS:** Medals First through Fifth. Men’s JV Division (7th thru 10th grade) and Women’s JV Division (7th thru 10th grade)

**PLEASE NOTE:**

ROSTERS: Coaches/AD’s submit their roster of qualified lifters with the weight class qualified (if a lifter has qualified in multiple weight classes, please indicate their weight class expected for the lifter to lift in) plus their openers. This roster will be sent to the meet director in a spreadsheet with the Lifter Name, School, Division, Weight Class and Openers by the deadline stated on the registration form. Email the spreadsheet listing all participating members to:

**Sharon Waller at** **hf2powerlifting@gmail.com**

using the spreadsheet, no other format will be accepted. **Email must be received no later than 6:00pm Wednesday, March 2, 2022.**

**When the athlete registers at the meet, he/she will be weighed in, wearing a t-shirt and shorts. No shoes, jackets, sweatshirts, etc. will be allowed. This weight will be documented and used for the competition. There will be check scales available and ONE attempt on the official scale only. Your exact weight will determine your weight class. You must weigh in the range of the weight class you qualified in. For example, if lifter qualified in the 145 weight class – the lifter must weigh between 132.1 and 145.0 pounds. If the lifter is too light or too heavy, the lifter will not be able to complete in the meet. NO EXCEPTIONS!!!**

**ALL FEMALE LIFTERS MUST BE REGISTERED AND WEIGHED IN 60 MINUTES PRIOR TO THE SCHEDULED START OF LIFTING. ALL MALES MUST BE REGISTRED AND WEIGHED IN 90 MINUTES PRIOR TO THE SCHEDULED START OF LIFTING. PLEASE PLAN ACCORDINGLY.**

**COACHES: To ease check-in and weigh-in for the JV State Meet, each lifter will register individually with their form and money. Please do not check in an entire team, each individual needs to come to the check-in room with their own form and money. Thank you.**

**TEAM AWARDS**: Top 3 teams in each division. JV Women’s, JV Men’s,

**Doors open at 6:30am**

**WOMEN’s DIVISIONS MEN’s DIVISIONS**

**CHECK-IN BEGINS**: 7:00am **CHECK-IN BEGINS**: 10:30am

**CHECK-IN ENDS:** 8:00am **CHECK-IN ENDS:** 11:30am

**COACHES MEETING**: 8:15am **COACHES MEETING**: 12:15pm

**LIFTER MEETING**: 8:15am **LIFTER MEETING**: 12:15pm

**WARM-UP**: 8:30am **WARM-UP**: 12:30pm

**LIFTING BEGINS**: 9:00am **LIFTING BEGINS**: 1:00pm

NOTE: Masks are not required in the building.

**ELIGIBILITY:** Open to all 7th-10th grade lifters who have qualified at a 2021-2022 season MHSPLA Regional Meet. Students MUST be enrolled in the school for whom they are lifting. All students MUST be eligible to compete according to their schools eligibility standards. ALL LIFTERS MUST BE DRUG FREE FOR A MINIMUM OF 36 MONTHS.

**RULES**: MHSPLA rule will govern this meet.

**WEIGHT CLASSES:**

MEN: 114, 123, 132, 145, 155, 165, 181, 194, 207, 220, 242, 275, SHW

WOMEN: 97, 105, 114, 123, 132, 145, 155, 165, 181, 198, 220, 242, 242+

**EQUIPMENT:**

This will be a RAW Meet.

Shorts and Short Sleeve T-shirt.

No singlets or squat shorts allowed.

No tights

4-inch belt ONLY. No padding in back or any type of Velcro straps allowed.

Compression shirts/shorts are acceptable.

Long socks REQUIRED for dead lift.

**ADMISSION**: $ 5.00 individual

 11 and under, active Military and 60+ are no charge

**JV State Championships**

Entry Form

$25.00 per lifter registration

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ High School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Grade: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Weight Class: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Gender: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_City:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_State:\_\_\_\_\_\_Zip:\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone Number: (\_\_\_\_\_\_) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Division: \_\_\_\_\_\_\_ JV Women \_\_\_\_\_\_\_ JV Men

Openers: \_\_\_\_\_\_\_ Squat \_\_\_\_\_\_\_ Bench \_\_\_\_\_\_\_ Deadlift

In consideration of the acceptance of my entry form in this Powerlifting competition, I intend to be legally responsible for not only myself, but also my heirs, my executors, and my administrators. In signing this release from liability, I waive and release everyone connected with competition from any and all liability, which may arise from this competition.

In addition to the foregoing, I specifically release Henry Ford II Powerlifting, Utica Community Schools, and the meet directors, meet assistants and anyone connected with this contest, regardless of his/her contribution.

|  |  |
| --- | --- |
| Participant’s Signature |  |
| Parent Signature |  |
| Parent Name Printed |  |

Payment must be in **CASH** or **MONEY ORDER** ONLY. (No personal checks will be accepted.)

Please make money orders out to ***Henry Ford II Powerlifting*** ONLY.

**RELEASE FROM LIABILITY AND CONSENT TO DRUG TEST**

In consideration of the acceptance of my entry in the Power lifting competition I intend to be legally bound, for not only myself but also for my heirs, my executors, and my administrators. By signing this release from liability, I waive and release everyone connected with competition from any and all liability, including any results of negligence which may arise from this competition. Moreover, I agree that any testing method which the meet director and the sponsors of this meet use to detect the presence of strength-inducing drugs SHALL BE CONCLUSIVE. That is, whether I think the results of the tests are right or wrong, I agree that I have no right to challenge the results of the drug tests. I further agree to submit to any physical tests which may be necessary to complete drug testing. Should I fail to pass the drug test I agree to forfeit any trophy or award which I otherwise have won. I understand and agree that if I fail to pass the drug tests, my name will appear on a published list of suspended members. If determined that I have failed the drug test, I agree to waive any claim for which legal relief is available. I agree to pay any attorney fee and litigation expenses incurred by any person, real or corporate, whom I may sue in an effort to challenge this Release form. I understand that my agreement to pay attorney fees and litigation expenses is the Sine Qua Non for the acceptance of my entry in this contest. If any provision of this release from liability shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this Release from Liability shall remain in full force and effect. I also certify with my signature that this release/agreement cannot be modified orally.

SIGNATURE IN FULL OF APPLICANT\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_DATE: \_\_\_\_\_\_\_\_\_\_\_

SIGNATURE IN FULL OF PARENT OR GUARDIAN\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_DATE: \_\_\_\_\_\_\_\_\_\_\_

**COACHES RELEASE FROM LIABILITY**

This form is for all coaches that are listed when the rosters are sent into the host schools they may enter the designated lifting area. All coaches that are listed must sign this release from liability. All lifters need only to sign the entry form. This form **does not** provide free entry to any and all events

NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ADDRESS: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

CITY: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ STATE\_\_\_\_\_\_ ZIP\_\_\_\_\_\_\_\_\_

PHONE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

In consideration of my presence at or participation in, I intending to be legally bound, hereby, for myself, my executors, and administrators, waive and release Henry Ford II High School, Henry Ford II Powerlifting, Utica Community Schools, the Meet Director, their agents, representatives, committees, and members from any and all claims or Rights to damage from injuries or losses suffered by me directly or indirectly participating in or attending the current MHSPLA Regional Meet.

SIGNATURE IN FULL OF

APPLICANT\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_DATE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

In consideration of the acceptance of my presence at or participation in this Power Lifting competition I intend to be legally bound, for not only myself but also for my heirs, my executors, and my administrators. By signing this release from liability, I waive and release everyone connected with competition from any and all liability including any results of negligence, which may arise from this competition.

SIGNATURE IN FULL OF

APPLICANT\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_DATE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.