

Important - This event is a World Qualifier for the 2012 Sub Jr. and Jr. World Powerlifting Championships.

Awards:

- \*Boys and Girls Medals 1<sup>st</sup>-5<sup>th</sup> all weight classes – JV and Varsity
- \*National Champion plaques - all weight classes – **Varsity only**
- \*All lifters will receive a participation award – JV and Varsity
- \*Best lifter awards – WILKS formula – male & female – JV and Varsity
- \*Combined team awards – 1<sup>st</sup> – 5<sup>th</sup> boys and girls – JV & Varsity
- \* Best Bench, Squat & Deadlift – boys and girls – WILKS formula **Varsity only**

**Tentative schedule of events:**

Date	Session # - There will be 5 sessions total	Equipment Check	Lifting – this section lists the weight classes and all information on lifting times. This schedule is subject to change.
Thursday evening 22 March 2012	N/A	All 9 <sup>th</sup> -10 <sup>th</sup> division lifters are eligible to check in gear – 5:00 – 7:30 PM	No lifting on Thursday evening <u>NOTE</u> – Coaches meeting Thur @ 7:45 PM in the
Friday 23 March 2012	Session I & II 9 <sup>th</sup> -10 <sup>th</sup> grade division lifters will all compete on Friday both boys and girls	Early equipment check for Sat lifters (Varsity girls 97-148, Varsity boys 114-181) 5:00-7:00 p.m.	Session I (JV) 9:00 AM – NOON Weight-In's 7:00 – 8:30 AM Boys – 114-181                      Girls- 97-148 Session II (JV) 3:00 PM – 6:00 PM Weight-In's 1:00 – 2:30 PM Boys – 198-SHW                      Girls- 165-SHW
Saturday 24 March 2012	Session III & IV Varsity lifting -boys and girls	Early equipment check for Sunday's lifters (Varsity girls 181-SHW, Varsity boys 198-SHW) 5:00-7:00 p.m.	Session III (VAR) 9:00 AM – NOON Weight-In's 7:00 – 8:30 AM Boys -114-148                      Girls- 97-123 Session IV (VAR) 3:00 PM – 6:00 PM Weight-In's 1:00 – 2:30 PM Boys – 165 - 181                      Girls- 132 - 165
Sunday 25 March 2012	Session V Varsity lifting -boys and girls	Equipment check as needed for Sunday lifters	Session V (VAR) 9:00 AM – NOON Weight-In's 7:00 – 8:30 AM Boys – 198-SHW                      Girls- 181-SHW

Eligibility: All USA Powerlifting card members between the ages of 14-19 who are entering or are enrolled in high school. Must have not used strength inducing drugs in the last three years (36 months), and prescriptions diuretics or banned stimulants in the 7 days prior to the contest. **THIS IS A DRUG TESTED MEET.**

Equipment – Bench shirts are authorized -all equipment used must meet IPF standards based on 2011-2012 rules.