



Wisconsin Dells Powerlifting Club presents
The 2010 High School National Championships
 March 26th – 28th 2010
This is a USAPL sanctioned event
 Entry Deadline – Thursday March 18, 2010



Meet Location: Kalahari Resort - Wisconsin Dells, Wisconsin
 Exit 92 I-90/94 Hwy 12 – 1305 Kalahari Drive Wisconsin Dells, WI 53965 - Ph: 877-525-2427
Web address – <http://www.kalahariresorts.com/wi/>

Meet Directors

Brian Kenney Cell-608-448-9034 E-mail: briankenney98@yahoo.com
 Erich Mach Work # - 608-565-2256 Ext 302 E-mail: emach@necedah.k12.wi.us

[Meet web site – www.dellsnationals.com](http://www.dellsnationals.com)

Important - This event is a World Qualifier for the 2010 Sub Jr. and Jr. World Powerlifting Championships.

Awards:

- *Boys and Girls Medals 1st-5th 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 – 1st – 5th boys and girls – JV & Varsity
- * Best Bench, Squat & Deadlift – boys and girls – WILKS formula **Varsity only**

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
Thursday eve 25 March 2010	N/A	All JV lifters are eligible to check in gear – 5:00 – 7:30 PM	No lifting on Thursday evening
Friday 26 March 2010	Session I & II JV lifters will all compete on Friday	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 27 March 2010	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 28 March 2010	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 2009-10 rules.

Send Entry To: Brian Kenney PO Box 556 Wisconsin Dells, WI 53965

