

Wisconsin Dells Powerlifting Club presents
The 2012 High School National Championships
 March 23rd – 25th 2012
This is a USAPL sanctioned event

Awards:

- *Boys and Girls Medals 1st-5th all weight classes – 9-10th and Varsity
- *National Champion plaques - all weight classes – **Varsity only**
- *All lifters will receive a participation award – 9-10th and Varsity
- *Best lifter awards – WILKS formula – male & female – 9-10th and Varsity
- *Combined team awards – 1st – 5th boys and girls – 9-10th & Varsity
- * Best Bench, Squat & Deadlift – boys and girls – WILKS formula **Varsity only**

Schedule of events

Note – Schedule subject to change – awards will run concurrently as the meet progresses, and they will be presented at the podium / awards area. Each lifter will be presented with a participation award, and the entire weight class will report to the podium during awards.

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 22 March 2012	N/A	All 9-10 th grade lifters are eligible to check in gear – 5:00 – 7:30 PM	No lifting on Thursday evening <u>Note</u> – coaches meeting will take place in the room @ 7:45 PM – snacks and beverages will be served
Friday 23 March 2012	Session I & II 9-10 th grade 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 (9-10 th grade) 9:00 AM – NOON Weight-In's 7:00 – 8:30 AM Boys – 114-181 Girls- 97-148 Session II (9-10 th grade) 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

