

***1st Annual Wellington Powerlifting Meet
@ Wellington High School
Saturday, February 2nd, 2019***

TIMES:

Check-in: 8:00 AM
Officials Meeting: 8:15 AM (Weight Room)
Coaches Meeting: 8:30 AM (Weight Room)
Athletes Meeting: 8:45 AM (Big Gym)
Lifting starts at: 9:00 AM

*All times subject to change

ENTRY INFORMATION:

Registration Deadline: 5:00 pm, Friday, January 25th, 2019.

Online Registration: www.hyperlifter.com

Click on "Coach's login" to register athletes.

Registration Fee: \$20.00

Make checks payable to: WHS Powerlifting (Wellington High School)

**MEET DIRECTOR: Ross Foley
1700 E. 16th St
Wellington, KS 67152
rfoley@usd353.com**

DIVISIONS:

High School Women's Division (9-12)

High School Men's Division (9-12)

WEIGHT CLASSES:

Women: 105, 114, 123, 132, 140, 148, 156, 165, 180, PWT

Men: 114, 123, 132, 140, 148, 156, 165, 173, 181, 198, 220, 242, PWT

****There are no variations allowed in weight. Example: an athlete weighing 105.1 lbs would be in the 114 pound weight class.**

AWARDS

*Medals for 1st, 2nd, 3rd in all weight classes for total amount lifted.

*Medals for best bench, best squat and best clean in each weight class.

*Plaques for best overall lifter in Men's and Women's Divisions.

*Plaques will be awarded for 1st and 2nd place finishes for team winners in Men's and Women's Divisions.

WELLINGTON POWERLIFTING MEET CONSENT FORM

Bring consent form and entry fee(\$20)on February 2nd, 2019

Name _____

School _____

Grade _____

In consideration of your acceptance of my entry, I hereby, for myself, my heirs, executors or administrators; waive any and all right or claim for damages I may have against Wellington High School, USD 353, school board, school staff, meet judges, meet spotters, or powerlifting team. I also realize the sport of powerlifting is a high risk sport, and I could be injured. I certify that I am in good health and have no serious problems and assume all risks for injury and so hereby verify by my signature.

Signature of Lifter: _____ Date: _____

Parent or Guardian: _____ Date: _____

Coach/Administrator Signature: _____ Date: _____

Please complete all entry information online @ www.hyperlifter.com

Name:	School:	Grade:	Division:	Weight:
Weight Class:	Opening Bench:	Opening Squat:	Opening Clean:	

WEIGH IN:

Weigh-ins must be completed online when you enter your athletes.

CONCESSIONS:

A concession will be available.

HOSPITALITY:

A hospitality room will be available for coaches, workers and bus drivers.

T-SHIRTS:

T-shirts will be available for purchase at the meet.

RULES:

The rules of the meet are attached. Please cover with your athletes prior to meet.

PARTICIPANTS:

Participants must compete for the school of attendance.

TEAM COMPETITION:

Schools may enter as many athletes as desired in each weight class. All entrants may earn medals. Only two entrants per school may score team points per weight class.

Team points will be calculated on a lifter's total finish in their weight class. Points will be awarded to the top six finishers in each weight class.

The points are 10-8-6-4-2-1.

TIES:

Ties on individual lifts or totals will be broken as follows:

- 1) Lowest entered body weight.
- 2) Completion of all three lifts.
- 3) Compare 2nd highest weight lifted. Higher weight wins.
- 4) Compare 3rd highest weight lifted. Higher weight wins.
- 5) Weigh the athletes.

Ties on Team results will be broken as follows:

- 1) The team with the most 1st place finishes wins.

- 2) If the tie remains, the team with the most 2nd place finishes wins.
- 3) If the tie remains, the team with the most 3rd place finishes wins.
- 4) This process will continue until up to 6th place. If the tie continues, a tie will be declared and plaques for both teams will be awarded.

SPORTSMANSHIP:

All athletes, coaches, and parents are expected to display great sportsmanship.

JUDGES:

All athletes, parents and coaches are to treat the judges and table workers with respect. Those who can't will be asked to leave.

VIDEO/PICTURES:

Will not be used to determine the outcome of any lifts!

THE LIFTS:

The lifts will be the squat, bench, and power clean or hang clean (please have your athlete designate hang or power clean to the judges at their station). Each lifter will be required to designate their opening lifts on the online entry form. This will allow us to place the lifter in the appropriate order in their group for their first lift.

We will attempt to keep all lifters in groupings by their weight class as much as possible. Once the lifter has attempted their first lift, they must immediately go to the scorer's table and declare their next lift, which can be the same weight if they failed, or the least they can move up is five pounds. The lifter will not be allowed to change their weight once they have declared it to the scorer's table.

Also, once the competition has started no weight will be taken off of the bar. This will speed up competition greatly, but this means the lifting order will constantly be changing, so the lifters must be listening at all times for the order which the scorer's table will be calling out.

Once a lifter's name has been called, they will have two minutes to start their lift. If a lifter has to follow themselves, they will be given 3 minutes to rest before their next attempt.

EQUIPMENT:

*Squat suits, bench shirts, knee and elbow wraps, and smelling salts will NOT be allowed. Belts, Manna Rays for Squat, and straps and belts for cleans will be allowed.

Meet Rules

SQUAT:

1. The lifter must be facing the wall away from the crowd before the lift.
2. A lifter must observe the commands by the head judge. After the lifter is in position with the bar, the judge will say "squat". The head judge will communicate with the lifters and be on the lifter's right side.
3. The lifter must lower the body until the point of hip & point of knee are parallel to the ground. The judge will not give an "up" command, but a spotter can. A failure to be low enough will be a disqualified lift.
4. The lifter must recover from the deepest point in a constant upward movement. The bar may stop, but may not go back down. Any double bouncing or downward movement will be a disqualified lift.
5. The lifter must wait for the command "rack" before replacing the bar. A failure to wait for the command will be a disqualified lift. Spotters may help the lifter return the bar to the rack.
6. Spotters may be used but cannot touch the bar until a safety issue is present. Any touching will be a disqualified lift.
7. Hands must remain on the bar at all times. The feet may not move during the lifting attempt. The bar cannot have any

contact with the rack during the lift. A failure in these areas will disqualify the lift.

BENCH:

1. The lifter's starting position is with the back of the head, shoulders, and buttocks in contact with the flat bench surface. Their shoes must be on the floor. Plates or blocks may be used for under their feet, but may not exceed 7 inches.
2. After receiving the bar at arm's length, the lifter lowers the bar on their chest. The lifter presses the bar up after touching their chest. A judge's command to press will NOT be given. If a lifter bounces the weight on their chest, the lift will be disqualified.
3. After the lifter has pressed the bar straight upward with arms fully extended, he/she is to wait motionless until the audible command "rack" is given. The bar is allowed to stop in its upward movement, but no downward movement is permitted. A downward movement will disqualify the lift.
4. Head movement is allowed. The head must remain in contact with the bench at all times. Feet movement is allowed within reason. This includes raising on toes or heels. The feet cannot leave the floor. Shuffling of the feet is not allowed. The buttocks must remain on the bench at all times. Any violation will disqualify the lift.
5. Major uneven extension of the bar is not allowed. The bar cannot touch any part of the rack in the upward or downward movement. The lifter's feet also may not come in contact with the upright supports of the bench. Any violation will disqualify the lift.

CLEAN:

1. The lifter must be facing the judge. The lifter must specify to the head judge, before touching the bar, if they will be attempting hang or power clean.

2. The weight has to be pulled in a single continuous movement from the platform or from the knees depending on what lift is being attempted. Any pause or stop will disqualify the lift.
3. When attempting a hang clean, the lifter gets one rock, and one rock only, before pulling the weight upward.
4. The lifter may take a step, providing they remain on the platform.
5. The lifter may not lower the bar until the judge gives the command "down".
6. The weight must be controlled back to their knees. A deliberate drop will lead to a disqualification of the lift.
7. Spotters must be used, but will not be provided by the meet.

CLOTHING:

1. Squat suits or bench shirts will **not** be allowed.
2. Knee and elbow wraps will **not** be allowed.
3. Smelling salts will **not** be allowed.
4. Wrist straps may be used during the clean lift.
5. Belts may be used during any lift.
6. T-shirts must be tucked in during competition, athletes must also lift in shorts and shoes.
7. Hats must be removed during competition.
8. Manna Rays will be allowed for squats.
9. No earbuds or headphones while lifter is competing. They can be worn during a lifter's warm-up.