

MONTANA STATE HIGH SCHOOL POWERLIFTING CHAMPIONSHIP

DATE: Saturday March 25th 2017

LOCATION: The Old Gym at Great Falls High School
1900 2nd Ave South Great Falls, MT

SETTING: One Platform - Round System

WEIGH IN: 6:00pm to 8:00pm Friday March 24th
7:00am to 8:00am Saturday March 25th

DIVISIONS: Women's (123, 145, 170, 171+)
Men's Open (114, 123, 132, 148, 165, 181, 198, 220, 242, 275, SHW)

AWARDS: Women's - 1st through 3rd Each Division
Men's - 1st through 3rd Each Class (Total)
BRIEFING: 8:00AM MARCH 25th ALL LIFTERS MUST ATTEND
(Platform Assignments, Rules, Rounds and Rack Height)

EQUIPMENT: Belts and Wrist Wraps Only: No Other Supportive Equipment Allowed.
Must Wear T-Shirt And **TIGHT FITTING SHORTS**

1ST SESSION: 9:00am - All Women Lifters and Men's 114-165lb Classes
2ND SESSION: 1:00pm - Men's 181- SHW Classes

COSTS: \$30 Individual Entry - \$50 Per Team Entry
(Team entry consists of ten members; each member must be entered in a weight division for single competition to participate on a team. The team division is a separate division. You can have one weight class that has two contestants; but the rest of your team must be in different weight classes.)
Public Admission \$6.00 For Both Sessions

SEND ENTRIES TO: **WILLY WEAVER** **MATT NICOLA**
PO BOX 7526 **406-231-9876**
Great Falls, MT 59405
406-899-9942

All lifters must have this form completed to be allowed to compete

Name: _____ Age: _____ Grade: _____

Address: _____ High School: _____

Weight Class: _____ Activities (sports): _____

I hereby release any claims for damages or injuries that may occur to me at this contest. I release Willy Weaver, Great Falls High School and all other sponsors and personnel associated with this event. I understand that powerlifting can be a dangerous sport and there is a chance of injury.

Athlete's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____