

Minnesota High School State Championship



Date: Saturday, February 4, 2017

Sanction: USA Powerlifting: MN-2017-02

Venue: [American Strength Training Center](#) - 1636 Gervais Ave, Suite 13, Maplewood, MN 55109

Contest: Powerlifting (squat, bench press, and deadlift). Lifters must perform all three lifts.

Classes: Girls; weight classes in kilograms: 44, 48, 52, 56, 60, 67.5, 75, 82.5, 90, 90+
Boys; weight classes in kilograms: 52, 56, 60, 67.5, 75, 82.5, 90, 100, 110, 125, 125+
Note: the weight classes in high school meets are different than other USA Powerlifting meets (see [rulebook](#) page 8)

Divisions: Lifters can compete raw or geared. For those unfamiliar with these terms, lifters competing in the geared division are allowed to wear certain supportive equipment like squat suits, bench shirts, deadlift suits, and knee wraps whereas those competing in the raw division are restricted to a non-supportive singlet, T-shirt, and neoprene knee sleeves. All lifters are allowed to wear a belt and wrist wraps. Lifters are strongly encouraged to wear a singlet; however, the rules state that lifters competing in high school meets are allowed to wear form-fitting shorts and T-shirts (see [rulebook](#) page 20).

Awards: Medals (gold, silver, and bronze) will be given to the top three in each weight class.

Schedule: Registration and equipment check for competitors lifting in the morning session: 6:45-8:30am.
Weigh-in for competitors lifting in the morning session: 7:00-8:30am. Lifting for morning session begins at 9:00am.

Registration and equipment check for competitors lifting in the afternoon session: 11:00am-1:30pm.
Weigh-in for competitors lifting in the afternoon session: 12:00-1:30pm. Lifting for afternoon session begins at 2:00pm.
*Note: the schedule for the afternoon session may be modified slightly depending on number of entries.

Early equipment check (optional) for all competitors: 6:00-8:00pm on Friday, February 3rd at the contest venue.
Lifters are encouraged to visit the venue on Friday (6-8pm) for early registration, equipment check, and [rack heights](#).

Online: Website: <http://www.usaplmn.com/hs-state/> Facebook page: <https://www.facebook.com/events/1831154327174142/>

Eligibility: This meet is only open to Minnesota residents currently in high school who are card-holding members of USA Powerlifting who have not used strength-inducing drugs in the last 3 years (36 months) or prescription diuretics or banned stimulants in the 7 days prior to the contest. [Online membership purchase](#) prior to the meet is required. High school lifters are encouraged to purchase a full year high school membership (\$30) in order to make him or her eligible to compete in any USA Powerlifting meet for the entire year. Those who purchase a seasonal high school membership (\$15) need to be aware that a seasonal membership will expire in May and only allows the lifter to compete in high school-only meets (this means the MN state championship in February is the only meet in the state in which the lifter is eligible to compete). **Lifters must have a valid government- or school-issued photo ID. Lifters without a photo ID must contact the meet director PRIOR to the meet.** This is a drug-tested meet. A minimum of 10% of all lifters will be tested. Some over-the-counter medications and nutritional/herbal supplements may contain prohibited substances. Please visit the [Drug Testing section of the USA Powerlifting MN state website](#) for more information.

Entry Fee: \$50 for all divisions. No refunds will be given after Friday, January 20, 2017.

T-Shirts: \$15 each (T-shirts might not be available for sale at the meet so pre-ordering is recommended).

Payment: Mail check or money order payable to the meet director: **Joe Warpeha, 288 Church Ave., Esko, MN 55733**

Questions: Contact Joe Warpeha at jwarpeha@css.edu or (651) 485-7353 (please no phone calls after 8:00pm).

Deadline: Postmark by Tuesday, January 17, 2017 or when the **first 60 entries are received** (whichever occurs first).

Notes: This meet will be a two-session, one-platform meet using an [ER combo rack](#); the meet will be run in [kilograms](#). To access the [rules](#) and other resources, please visit the USA Powerlifting MN state website: www.usaplmn.com



USA Powerlifting™

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ALL Lifters and Meet Participants, including Loaders, Spotters, Platform Workers, and Referees must complete part A of this form prior to weigh-in or the commencement of the meet, whichever is applicable. In addition, all Lifters must also complete part B of this form prior to weigh-in or the commencement of the meet, whichever is applicable.

PART A

RELEASE OF CLAIMS AND LIABILITY: All Lifters and Meet Participants, including Loaders, Spotters, Platform Workers, and Referees

IMPORTANT: READ THIS RELEASE CAREFULLY. WHEN YOU SIGN IT YOU WILL BE GIVING UP IMPORTANT LEGAL RIGHTS.

In consideration of my participation in the **2017 USAPL Minnesota High School State Championship (Sanction: MN-2017-02)** Powerlifting Competition as a competitor, as a loader/spotter, as a referee, as a platform worker, or as in any other capacity, I intend to be legally bound, for not only myself but also for my heirs, executors, representatives, agents, successors, assigns, and administrators. By signing this Release of Claims and Liability, I waive, release, and forever discharge USAPL, USAPL officers and officials, the meet directors(s), the loaders and spotters, the referees, all meet personnel, and all USAPL administrative personnel, agents, independent contractors, and employees associated with this competition, from any and all claims, demands, damages, costs, expenses, loss of services, actions and causes of action, that I, my heirs, personal representatives, or assignees, may have against USAPL and the aforementioned parties for all injuries and damages, known or unknown, that I may incur as a result of my participation and/or involvement in the above-described event or by my use of the facility in which this competition is held.

I do further agree that I shall indemnify and save harmless USAPL, USAPL officers and officials, the meet directors(s), the loaders and spotters, the referees, all meet personnel, and all USAPL administrative personnel, agents, independent contractors, and employees, from any and all claims, demands, damages, loss of service, or expense for property damage and for personal injuries or actions brought by a third party resulting or arising from my participation in the above-described competition or my use of the facility in which this competition is held.

Further, I assume the risk of my participation in this sport and in this competition, which is potentially dangerous, like most other sports. Serious to minor injuries can and do occur. I further recognize that my participation in this competition is voluntary and requires that I assume the risk of this potentially dangerous sport and, therefore, I assume the risk of potential injury.

Further, if asked to submit to a drug test, I agree that any testing method, which the meet director and the sponsors of this meet use to detect the presence of strength-inducing drugs, SHALL BE CONCLUSIVE. That is, whether I think the results of the tests are right or wrong I agree that I have no right to challenge the results of the drug tests. I further agree to submit to any physical tests that may be necessary to complete the drug testing. Should I fail to pass the drug tests, I agree to forfeit any trophy or award that I might otherwise have won. I understand and agree that if I fail to pass the drug tests, my name will appear on a published list of suspended members. If the drug test to which I submit is reported as positive, then I waive any claim, action, or cause of action for which legal relief is available.

I agree to pay any attorney fees and litigation expenses incurred by any person, real or corporate, whom I may sue in an effort to challenge this Release of Claims and Liability. I understand that my agreement to pay attorney fees and litigation expenses is the *sine qua non* for the acceptance of my entry in this contest or my participation in this competition. If any provision of this Release of Claims and Liability shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this Release of Claims and Liability shall remain in full force and effect. I also certify with my signature that this Release of Claims and Liability cannot be modified orally.

By signing below, I acknowledge that I have read and fully understand the information contained in this document and that I sign this Release of Claims and Liability voluntarily with the knowledge that I waive important legal rights.

Signature of Participant

Signature of Parent or Guardian if Participant is under 18 years old

Printed Participants Name

Date

Print Name of Parent or Guardian if Participant is under 18 years old

Date

PART B

CERTIFICATION FOR COMPETITORS: All Lifters

I hereby give my word of honor as an athlete that I have not used any strength inducing drugs (i.e. any anabolic steroid, natural hormone or synthetic growth hormone) as part of my training during the past thirty-six months, nor have I used prescription diuretics or psychomotor stimulants during the seven days prior to this meet.

Signature of Participant

Signature of Parent or Guardian if Participant is under 18 years old

Printed Participants Name

Date

Print Name of Parent or Guardian if Participant is under 18 years old

Date