

## USA Powerlifting Women of Steel Summer Showdown – July 16, 2016

Event website: [www.usaplmn.com/women-of-steel/ortsrawopen.com](http://www.usaplmn.com/women-of-steel/ortsrawopen.com)

Facebook page: <https://www.facebook.com/events/464250713776723/>

- the meet is being held at American Strength at: **1636 Gervais Ave, Ste 13, Maplewood, Minnesota 55109**
- an optional check-in and equipment check will take place on Friday from 6-8pm at American Strength
- all lifters **MUST** have a valid government-issued identification card (e.g., drivers license, military ID, etc.)
  - lifters without ID cards (e.g., youth) must have proof of age and identity (e.g., copy of birth certificate)
- sandwiches, snacks, and drinks will be provided to all lifters and meet volunteers free of charge
- admission will be \$10 for all spectators; lifters, meet volunteers and those under 16 do not pay admission
  - note: each lifter gets 1 coach entry for free
- schedule
  - Friday (optional but strongly encouraged):
    - 6:00-8:00pm: early check-in, equipment check, and [rack heights](#)
  - Saturday (all lifters):
    - 6:45am: doors open for check-in, equipment check, and [rack heights](#)
    - 7:00-8:30am: weigh-in for AM session competitors
    - 8:15am: rules meeting for AM session
    - 9:00am: lifting begins for AM session
    - 12-1:30pm: weigh-in for PM session competitors
    - 1:15pm rules meeting for PM session
    - 2:00pm estimated start time for PM Session
    - awards will be given after each session is complete (Best Lifter award at the end of the meet)
    - estimated finish time: between 6:00-8:00pm
- flights (for detailed flight information [click here](#)):
  - **AM Session [32 lifters]**
    - Flight A: Masters (group 1)
    - Flight B: Masters (group 2)
    - Flight C: Teen/Junior and Open Lightweight
  - **PM Session [28 lifters]**
    - Flight A: Open Middleweight
    - Flight B: Open Heavyweight (group 1)
    - Flight C: Open Heavyweight (group 2)
- American and state raw records can be set at the meet and will be based on the weight of the lifter at weigh-in
  - please refer to the [men's American raw records](#) and the [women's American raw records](#)
  - please refer to the [Minnesota state raw records](#) and [raw records of other states](#)
  - Note: there will not be hard copies of records at the meet and there may or may not be a computer with internet access so lifters are urged to look up records beforehand and/or have a mobile device (e.g., smartphone) at the meet in order to look up records
  - lifters who might set American records must bring a photocopy of their driver's license or birth certificate (or official document that serves as proof of age and identity) with them to the meet
- a minimum of 10% of the lifters will be [drug-tested](#) by urinalysis
- membership cards will NOT be available for purchase at the meet
  - memberships must be purchased [online](#) prior to the meet (proof of membership required at the meet)

- tips for newer lifters:
  - start with an opening weight (your “opener”) that you know you can get on your worst day
    - you can NOT lower/reduce the weight from one attempt to the next; it must be the same or heavier
    - some people open with a weight they know they can do at least three times just to make sure they “get into the meet” by making each of their opening attempts in the SQ, BP, and DL
  - know all of the commands and WAIT for the commands; do not miss a lift on a “technicality”
    - squat commands: “squat” and “rack”
    - bench press commands: “start”, “press” and “rack”
    - deadlift command: “down” (there is no start command)
  - READ THE [RULEBOOK](#) and know the rules of performance for each lift so you know what you need to do and why lifts get disqualified
    - a review of the “[referee’s script](#)” provides a summary of the rules
    - watch [sample videos](#) of the lifts (with referee commands)
  - each lifter needs to submit opening attempts (SQ/BP/DL) and give [rack heights](#) at the weigh-in; tips include:
    - coming to the venue knowing your opening attempts [in kilograms](#)
    - getting [squat and bench rack heights](#) as soon as you arrive at the venue
      - three rack heights required: 1) squat height, 2) bench height, and 3) bench safety height
      - see pictures and instructions for [selecting rack heights](#)
      - determine if you need foot blocks for the bench press and tell the weigh-in official if you do
    - having a [pound-kilogram conversion chart](#) (the meet will be run in kilograms)
  - if you get a red light on a lift and do not know why, ask the referee or know what the colored failure cards mean (description of the color cards can be found on pages 16-17 in the [rulebook](#))
- personal equipment/apparel:
  - according to the rules of USA Powerlifting, lifters MUST wear the following for a raw contest:
    - a non-supportive singlet (wrestling or weightlifting styles work well)
    - underwear [UNDERWEAR CAN NOT HAVE ANY “LEGS”]
      - **boxer shorts, boxer briefs, bike shorts, and boy shorts are NOT allowed**
    - athletic shoes (boots and Vibram FiveFingers® shoes are not allowed)
    - [knee-length socks for the deadlift](#) MUST be worn (this is to prevent blood from getting on the bar)
    - a non-supportive T-shirt (women must wear a T-shirt on all 3 lifts)
      - shirts that are made of the tight stretchy material like some styles made by Under Armour® are discouraged because it is difficult for platform referees to determine whether or not the lifter is wearing a supportive/bench press shirt (cotton T-shirt is recommended)
      - T-shirt may not have zippers or pockets and cannot be a V-neck style
      - T-shirt must have sleeves (i.e., no “cut-offs” or tank tops)
      - T-shirt cannot contain any profane or offensive material and cannot be related to any organization other than USA Powerlifting or the International Powerlifting Federation (IPF)
  - according to the rules of USA Powerlifting, lifters MAY wear the following for a raw contest:
    - a weightlifting belt (with a buckle or lever for tightening) no wider than 10cm at widest point
      - **belt can NOT have Velcro and can NOT have any built-in padding**
    - knee sleeves:
      - knee sleeves must be one-piece and single-ply and made out of neoprene material
      - knee sleeves cannot have any tightening mechanisms like clips, fasteners, or Velcro
      - knee wraps are NOT allowed
    - wrist wraps are allowed but cannot exceed 1 meter [39 inches] in length