

2017 MN HS State: Last-Minute Contest Information and Tips from the Meet Director

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

- meet venue: [American Strength Training Center](#) located at 1636 Gervais Ave, Suite 13, Maplewood, MN 55109
- an optional check-in and equipment check will take place on Friday from 6-7pm at the meet venue; if you will be in the area at that time, you are strongly encouraged to stop in and get that completed
- all lifters MUST have proof of age and identity; any one of the following is acceptable for the purpose of confirming age and name: driver's license, state ID card, school ID card, copy of birth certificate, passport
 - please contact the meet director if you do not have any of the listed documents to verify name and age
- concessions (food and drink) will be available for purchase at the meet
- admission will be \$5 for all spectators (lifters do not pay admission); each lifter is allowed one coach who does not need to pay for admission – each lifter must contact the meet director before the meet to identify his or her coach so that the coach's name can be put on a list that will get him or her into the venue for free
- schedule
 - Friday (optional): 6:00-7:00pm: early check-in, equipment check, and [rack heights](#)
 - Saturday (all lifters):
 - 6:30am: doors open for check-in, equipment check, and [rack heights](#)
 - 7:00-8:30am: weigh-in for all competitors
 - 8:15am: rules meeting for all lifters in warmup area
 - 9:00am: lifting begins
 - awards will be given when all lifting is complete
 - estimated finish time: between 2:00-3:00pm
- [weigh-in order](#) will be based on lot number (a unique number randomly assigned to each lifter)
- flights:
 - Flight A: all youth lifters and all JV & V girls [**14 lifters**]
 - Flight B: all JV boys [**10 lifters**]
 - Flight C: V boys 82.5 kg and under [**12 lifters**]
 - Flight D: V boys 90 kg and over [**11 lifters**]
- 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](#)
 - 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
 - state records are maintained for a different set of weight classes than those used for high school meets so lifters interested in setting state records must weigh in within the limits of the weight class for which they want to set a record (these weight classes can be found in the record database listed above)
 - for example, in high school competition, there is 75kg weight class; however, state records are maintained for the normal weight classes and there is no 75kg class but there is a male 74kg class
 - in the example above, a lifter weighing in at 74.5kg for the contest would not be eligible to set state records in the 74kg class because he is over the limit but a lifter would be eligible to set 74kg records if he weighed in at 74kg or less
 - lifters or coaches with questions about records should contact the meet director
- 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 (hard copy or electronic) is required at the meet

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- 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 (pp. 28-32) 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)
 - note: in high school meets, lifters may wear tight form-fitting shorts (e.g., bike/spandex shorts) instead of a singlet; lifter cannot wear shorts under the singlet
 - [athletic supporter or briefs](#) [BRIEFS CAN **NOT** HAVE ANY “LEGS”]
 - **boxer shorts, boxer briefs, and bike shorts are NOT allowed under the singlet**
 - athletic shoes
 - boots (e.g., work boots, hiking 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 but the T-shirt is optional for men on the deadlift
 - 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 (examples include the Rehband, SBD, Slingshot, and Titan brands)
 - 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