

2017 UTAH HIGH SCHOOL WEIGHT/POWER LIFTING CHAMPIONSHIP

- LOCATION:** Pleasant Grove High School 200 SOUTH 700 EAST PLEASANT GROVE, UTAH 84062
- DATE:** Thursday May 4th, 2017
- COST:** \$20 Olympic division only snatch, clean & jerk
\$20 power division only bench, squat, deadlift
\$30 both divisions Olympic and Power (if you compete in both you get \$10 off)
- LIFTS:** Olympic lifts -snatch clean & jerk
Power lifts -bench, squat, deadlift
- WEIGHT CLASSES:** 10 boys weight classes (pounds)
114, 123, 132, 148, 165, 181, 198, 220, 242, hwt,
Girls division (2 weight classes, as needed) (malone formula)
Open to high school students only 9-12
- WEIGH-INS:** Weigh-ins will be hosted by home high schools on Tuesday May 2nd
Talk to your coach about where and what time you should weigh in.
Coaches, please have weights entered and emailed back to pghsstrong@gmail.com by 5pm on Tuesday May 2nd
- MEET BEGINS:** 1:00 p.m. (instructions, assignments, warm up etc..) Thursday May 4th, 2017
- LIFTING BEGINS:** 2:00 p.m. Thursday May 4th, 2017
- AWARDS:** 1st, 2nd place team for Olympic, Power and combined both trophies,
1st 2nd & 3rd place weight class winners in Olympia and Power, and combined.
Girls only division team 1st
Individual event winners for Power lifts.
Individual event winners for Olympic lifts.
Individual event winners for both lifts combined.
Awards will be given out after completion of each sessions lift.
- SCORING:** Individuals: total weight combined for all lifts.
- TEAM SCORING:** Top three combined totals of each weight class; 10, 7, 5, pts.
Team tiebreaker criteria: most individual 1st , ...2nd ,.... 3rd .etc..
Individual tiebreaker will be determined by the lightest lifter at the weigh-in
- SCHEDULE:** 1:00pm coaches meeting, officials meeting & rules clinic
2:00am-4:00pm Olympic lifts
4:00pm-7:00pm Power lifts
- MAXING:** This year we will be using a Ladder Max system for the lifts
EMOM: Acronym for “Every Minute On the Minute.” This is a method of Maxing where the focus is on repeating and rehearsing sound mechanics and execution of a 1 rep max of a particular movement at a specified time interval.
Ladder: A ladder is where the weight increases by 5-20lbs every minute on the minute. For example, a snatch ladder would start with 100lbs snatch in the first minute, then 110lbs snatch in the second minute, then 130 snatch in the third minute, etc. At some point you will not be able to do a rep for that round before the next round is to begin – this is by design. When this occurs, you are done.
Max: The largest load you were successfully able to do during the ladder
- CONSESSIONS:** Concessions will be sold.

**PARENTAL CONSENT, WAIVER, RELEASE
(For Parents of Minor Children)**

Event and Relationship to Participant. I am the parent or legal guardian of _____, hereinafter "child", who is under the age of eighteen (18). My child desires to participate in the following event, hereinafter "event", which will be held at the Pleasant Grove High School on the 4th day of May, 2017: 2017 Utah Weight/Power Lifting Championship. I understand that the event is being held, organized and sponsored by the following individuals and entities: Pleasant Grove HS/Alpine School District.

Fitness of Child and Inherent Risks. To the best of my knowledge and belief, my child is physically fit and has been sufficiently trained to participate in the event. I and my child have reviewed and understand the attached rules associated with the event. Notwithstanding that knowledge and belief, I understand and acknowledge that this event is an extreme test of my child's physical and mental limits and carries with it the potential for death, serious injury, and property loss. The risks include, but are not limited to, those caused by or associated with facilities, temperature, condition of athletes, equipment, travel, and the actions of others, including participants, volunteers, coaches, event officials, event monitors, and even producers/sponsors.

Authorization for Medical Treatment. I hereby authorize the following sponsoring/organizing entities to provide and authorize appropriate medical treatment for my child should my child be injured or otherwise becomes ill during this event: Parent Signature: _____.

Consent to Capture and Use Images. I further understand and agree that my child may be photographed, filmed, and/or videotaped during this event, and I hereby consent that any photo, video, or film likeness, captured by the following event holders, producers, sponsors, organizers, and assigns, may be used for any legitimate purpose by said parties: Parent Signature: _____.

Waiver, Release of Liability, Hold Harmless. In consideration for allowing my child to participate in the event, I hereby waive any claims or rights that I may have as child's parent pertaining to my child's death, disability, personal injury, property damage, arising out of the event, and I hereby release and hold harmless the following entities and persons from all liability that may accrue to me, due to this event: Pleasant Grove High/Alpine School District, together with their directors, officers, employees, volunteers, representatives, and agents. I understand that this waiver, release of liability, and hold harmless agreement does not apply to my child who is under the age of eighteen (18).

Application and Acknowledgment. I acknowledge that this Consent, Waiver, and Release will be used by the event holders, sponsors, and organizers of the event, in which my child will participate. I further acknowledge that I am authorized to execute this instrument for myself and my child.

Date: _____

Signature of Parent/Guardian

Weight Class: _____

School: _____

Parents Name: _____

Child's Name and Age: _____