



USAPL 2009

Dells Classic High School Powerlifting Meet

Sanctioned by USA Powerlifting

Date: Saturday 11 July 2009

Location: Kalahari Resort & Convention Center - Wisconsin Dells

Exit 92 I-90/94 Hwy 12 – 1305 Kalahari Drive Wisconsin Dells, WI 53965 - Ph: 877-525-2427 **Web address** – <http://www.kalahariresorts.com/wi/>

Meet Director – Brian Kenney **web site** – www.wdpowerliftingclub.com

Awards: Boys and Girls Medals 1st-5th Combined Wt Classes by WILKS formula. 1st – 2nd best lifter awards for boys and girls by WILKS formula.

Boys

114-123

132-148

165-181

198-220

242-275+

Girls

97-105

114-123

132-148

165-181

198-198+

Schedule: Registration, Weight – in and equipment check – 8:00 to 9:30 A.M.

Meeting/ Warm-Up time - 9:30 AM – 10:00 AM Lifting begins at 10 A.M.

Entry Fee: \$55 Per Lifter

Eligibility: All USA Powerlifting card members between the ages of 14-19 who are entering or are enrolled in high school. Must have not used strength inducing drugs in the last three years (36 months), and prescriptions diuretics or banned stimulants in the 7 days prior to the contest. **THIS IS A DRUG TESTED MEET.**

Equipment – Bench shirts are authorized and all equipment used must meet IPF standards based on 2008-2009 rules.

Send Entry To: Brian Kenney PO Box 556 Wisconsin Dells WI 53965

Make Checks Payable to : Wisc Dells Powerlifting Club

Entries Must be post marked by July 5th, 2009

Late fee \$20, no entry forms accepted the day of the meet and no refunds.

