

MINNESOTA HIGH SCHOOL STATE WEIGHTLIFTING CHAMPIONSHIPS

Saturday, March 10, 2012

- Place:** Inver Hills Community College
2500 80th Street East, Inver Grove Heights MN 55076
- Sponsor:** Minnesota Weightlifting Federation, Rosemount WLC
- Sanction:** Minnesota Weightlifting Federation Number 30-12-05
- Eligible:** 16 & Under (Jr Varsity) and 17 & Over (Varsity) Weightlifters currently attending a Minnesota secondary school. All athletes must be registered with USAW and must present at the weigh-in a current USAW card, proof of age, and current school I.D. All lifters must compete for the Minnesota school they attend. All lifters must have competed and qualified in a sanctioned high school meet in the 2011-2012 high school lifting season. (Note: See reverse side for qualifying totals by age and weight class.) 16 & Under (Jr Varsity) = YOB 1996 or later; 17 & Over (Varsity) = YOB 1995 or earlier.
- Lifts:** The Snatch and Clean & Jerk, USAW rules

Schedule:	<u>Class</u>	<u>Weigh In</u>	<u>Lift</u>
	16 & Under Women: 44Kg – 69+ Kg	7:00 – 8:00 a.m.	9:00 a.m.
	17 & Over Women: 48 Kg – 75+ Kg	7:00 – 8:00 a.m.	9:00 a.m.
	16 & Under Men: 50Kg – 94+Kg	10:00 – 11:00 a.m.	12:00 p.m.
	17 & Over Men: 56Kg – 105+ Kg	10:00 – 11:00 p.m.	12:00 p.m.

Note: Times subject to change depending on number of entrants.
This will be a two platform meet.

- Awards:** Medals to top 3 individuals in each weight class and age division. Also \$50 cash awards to Varsity First Places courtesy Pete Braginton. Plaques will be presented to the top 3 combined (boys & girls) teams for each age div. See team entry form.

----- **(See Next Page)** -----

2012 MINNESOTA HIGH SCHOOL STATE WEIGHTLIFTING CHAMPIONSHIPS

Weight Class: _____ Kg USAW #: _____ Expiration Date: _____ Sex: M F

Name: _____ Date of Birth: ____/____/____

Address: _____
Street City Zip

School: _____ SA ___ JR ___ Telephone: (____) _____

NOTE: Be sure all of the above is legible and complete. Incomplete forms will be returned and entry denied if past **deadline date of Friday, March 2.**

If you do not make weight in class listed above you will be eliminated from the competition.

I do not hold the USAW, Minnesota Weightlifting Federation, Inver Hill Community College or Rosemount WLC liable for damages, injuries, or losses suffered by me in this meet.

 Signature (parent must sign if a minor) Date: ____/____/____

Note: Any changes to the Official Individual Entry Form or Official Team Entry Form (i.e. weight category changes) must be made by 3:00 p.m., March 9. Call Roger Sadecki

Entry Fee: **\$25.00.** Entry must be filled in **completely**. All incomplete entry forms will be returned. **Absolutely no late entries accepted.**

Deadline: Entries must be postmarked no later than **March 2** for **team** and **individual** entries.

Mail To: Roger Sadecki
667 County Road C
Roseville MN 55113
Home Phone: 651-490-0310 Cell: 612-385-7809 Email: sadecki667@aol.com

Note: Make checks payable to **Minnesota Weightlifting Federation**.

STATE QUALIFYING TOTALS – 2011 HIGH SCHOOL WEIGHTLIFTING

Weight Class	16 & Under Men	17 & Over Men
50 kg	76	-
56 kg	91	121
62 kg	113	136
69 kg	129	161
77 kg	139	181
85 kg	144	191
94 kg	151	197
94+ kg	159	-
105 kg	-	201
105+ kg	-	206

Weight Class	16 & Under Women	17 & Over Women
44 kg	55	-
48 kg	65	67
53 kg	69	79
58 kg	75	89
63 kg	81	96
69 kg	87	101
69+ kg	92	-
75 kg	-	106
75+	--	111
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QUALIFYING MEETS:

2011 State High School Championships – 03-12-11

Northfield 12-17-11

Cannon Falls 1-14-12

Caledonia 2-18-12

Lakeville 2-18-12

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March 10, 2012

OFFICIAL TEAM ENTRY FORM

Initial Team Entry Due March 2, 2012

Final Team Entry Due By 3:00 PM March 9

Teams consist of maximum 7 girls & 8 boys

A maximum of two entrants in any one weight category.

Team places will be determined by USAW Local Point Scoring:

6pts for 1st place

4pts for 2nd place

3pts for 3rd

2pts for 4th

1pt for 5th

Team (School) _____

16&U _____ 17&O _____

Signature (Coach) _____

Date _____

Girls

Boys

<u>First Name</u>	<u>Last Name</u>	<u>Weight</u> <u>Cat</u>		<u>First Name</u>	<u>Last Name</u>	<u>Weight</u> <u>Cat</u>
_____	_____	_____	1	_____	_____	_____
_____	_____	_____	2	_____	_____	_____
_____	_____	_____	3	_____	_____	_____
_____	_____	_____	4	_____	_____	_____
_____	_____	_____	5	_____	_____	_____
_____	_____	_____	6	_____	_____	_____
_____	_____	_____	7	_____	_____	_____
_____	_____	_____	8	_____	_____	_____