

2023 Mitchell Powerlifting High School Open



December 2, 2023
Mitchell High School
920 N. Capital St, Mitchell, SD 57301
Lower Level Gym-North Main Entrance
Gym Opens at 7:30AM with 9AM Start

RULES AND GENERAL INFORMATION

This meet is intended to be an event for athletes who want to experience a powerlifting meet and serves as a qualifier for the 2024 SD High School State Powerlifting Meet. The meet rules will follow SDHSPA Rules of Performance and will be conducted as Raw, which does not allow for any supportive equipment except for knee sleeves, wrist wraps or a lifting belt.

Knee sleeves, belts and wrist wraps are allowed but must be manufactured for use in lifting. For details on any rules, please contact the meet director at the email address listed below.

Lifting attire will consist of generally approved singlet or school logoed t-shirt and gym shorts as well as any commercially manufactured athletic/lifting shoe. Socks and an undershirt will be required at all times. Form fitting shorts will work, as will any commercially manufactured yoga pants. T-shirts may not have profanity or promote illicit activities and must cover the front deltoid...i.e. - needs to have sleeves. Entire Rulebook was sent with the Meet Information Email. Send questions to:

mitchellplclub@gmail.com

Awards : To be determined by number of entries!

Entries: Complete Team Roster (all schools) and Individual Entries for MHS lifters to be turned into Meet Director by Monday, Nov. 24. Lifters outside MHS will turn that in the morning of the meet.

Weigh-ins — Weigh-Ins must be signed off by a School Administrator and must be done by 5PM CST on Friday, Dec. 1 and turned into the Meet Director by deadline (5:30PM CST). No exceptions.

Start Time — The meet will begin at 9:00AM. Please arrive early if you need your pin-heights on the ER Combo Rack. A brief Lifter's meeting will be held at 8:20am in the Lower Level Gym.

Entry fees— \$30.00 per lifter. Coaches are to turn in ONE check for their entire team or use: paypal.me/MitchellPowerlifting

Physical Entry Forms and Entry Fees to be turned into Meet Director by 8:30a, Dec. 2.

Venue — The meet will be held at Mitchell High School, Mitchell, SD. Entrance will be on the North side of the building. Spectator parking in the northernmost parking lot. Meet Results and tracking will be posted in real-time via LiftingCast.com for anyone with internet access.

Judges and spotters — provided by the meet director although lifters are encouraged to provide a rear spotter that is familiar with individual lifting techniques during squats. The bars will be loaded and unloaded by meet staff. Lifters and Coaches are encouraged to double check the loading to ensure that the correct weight has been loaded.

Concessions —Food, refreshments, and Meet T-Shirts will **NOT** be provided; please come prepared. Please notify the meet director, Andrew Priebe if you plan to attend this meet. Pre-registration will be done via online registration. You will be notified via email with registration information and guidelines. You can reach the meet director via email at mitchellplclub@gmail.com.

Any questions can be directed to me at the above address. Thanks and we'll see you on December 2!!!