

# **7<sup>th</sup> ANNUAL GERY WETZEL MEMORIAL POWER MEET**

**Saturday, May 1st, 2010  
In The Jr. High weight room**

## ***SCHEDULE***

8:00 - 8:30 Registration and Weigh-ins  
8:30 - 9:00 Rules Meeting and Warm-ups  
9:00 The Meet Begins

## ***Order of competition***

**SQUAT  
BENCH PRESS  
DEADLIFT  
POWER CLEAN**

## ***Age Groups***

**13-15 years old  
16-17 years old  
18-19 years old**

## ***Weight Classes***

**148 lbs.  
165 lbs.  
181 lbs.  
198 lbs.  
220 lbs.  
HVT.**

**SEE MR. CURRAN IN ROOM R255 TO SIGN UP.**

## Gery Wetzel Memorial Power Meet Application

Notice is hereby given that I will not hold the North Hills School District or any of the meet sponsors

responsible for any real or personal damage incurred by me while competing in the Gery Wetzel Memorial Power Meet, May 1st, 2010

I have read the above information and understand it.

I have my parents/guardians permission to participate in this meet.

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ T-shirt size: \_\_\_\_\_

PARENT'S/GUARDIAN'S SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

