

**7th 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**

**FRIENDS AND FAMILY ARE WELCOME**

**The meet is free for all: Competitors and Guests**

**Meet T-shirts will be given to all competitors**

**The drink, fresh fruit, and snack table is for all**

**All successful lifters who place in the top three in their respective age, weight, and event categories will have their names and lifts written on the BOARD OF CHAMPIONS for at least one year.**

**Certificates will be awarded to all record breakers**

**Trophies will be given to the champion of each age group and the CHAMPION OF CHAMPIONS "THE BOZ"**

**The Power Meet Sponsors are:**

**The North Hills Parents Association**

**The North Hills Indians Football Team**

**Balestreire Produce Co.**

**General Nutrition Center GNC**

**Pepsi Cola Co. (George Zappas)**

**Order of competition**

**SQUAT**

**BENCH PRESS**

**DEADLIFT**

**POWER CLEAN**

## **Format**

**Three (3) attempts are allotted for each lift. Only the best lift in each event is recorded. In the case you fail on your 1st or 2nd attempts you may try the same weight again or add weight to the bar. You may never try less weight on subsequent lifts. 4th attempts for records may be permitted only if the lifter is successful on all previous attempts. Any meet official has the authority to prohibit 4th attempts.**

## **System**

**We will be using the round system which means all lifters will complete their first attempts in each event before starting round two, round three, and so on.**

### **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.**

## **Rules**

**The power meet will be judged according to the United States Powerlifting Association rules. There will be a rules meeting before the meet, and experienced judges and spotters will be present. All competitors must have had experience in each lift prior to the meet and have demonstrated their ability to compete safely. Any lifter not demonstrating proper form may be excluded from competition.**

**GOOD SPORTSMANSHIP IS A MUST!**

**Parents included!**

**The back of this sheet is your meet application.**

**All lifters are to please observe the following dress code:**

**Shorts and T-shirts or Tank Tops Only**

**Not permitted are: Sweatpants, Sweatshirts, or any other loose clothing. Lifting gloves and wrist wraps are outlawed.**

**The North Hills School District would like to express a very special thanks to all of our sponsors for their generosity in providing the beverages, food, knee wraps, T-shirts, and trophies.**

**The Power Meet will commemorate Gery Nicholas Wetzel.**

**Although Gery is no longer with us, his spirit lives on in every kid who strives to do their best. His dedication to the young people of the North Hills community was unparalleled. He used sports to guide us and teach us life lessons. Gery set an example for all of us by putting the children first and his contribution to our community will never be forgotten.**