

GACA Lee Murray 5A, 6A & 7A State Weight Meet

WHERE: Statesboro High School (Old Gym)

WHEN: MARCH 3, 2018---10am (Weigh in from 8:30- 9:45)

ENTRY FEE: \$200 for a team of 10 or more. If you bring less than 10, its \$15 per lifter

REGISTRATION: ENTRY DUE BY FEBURARY 23, 2018

CONTACT:

David NeSmith: (912) 481-8047 or dnesmith@bullochschools.org

Jeff Kaiser: (912) 455-5051 or jkaiser@bullochschools.org

COMPETITION:

- Bench Press & Power Clean Max
- Participants will only be allowed 3 lifts per event
- Teams limited to **30 members** with no more than **3 athletes participating in each weight class.**

SCHEDULE:

- 8:30- 9:30 - Weigh in / Warm-up **(Please be on time)**
- 9:30- Judges meeting
- 10:00- Competition Begins

Awards

- Team Trophies will be based on Number of schools participating
- Points will be given to top 6 places
- Medals will be given to top 3 places in each weight class per classification
- Lee Murray Award- Most Total Weight Lifted
- Strength/Weight Ratio Award

WEIGHT CLASSES:

140-under

141-150

151-160

161-170

171-180

181-190

191-205

206-225

226-245

245-Unlimited

TEAM SCORING: 1st place-10 points, 2nd place-8 points, 3rd place-6 points, 4th place-4 points, 5th place-2 points, 6th place-1 point

DRESS: All athletes are to be dressed in proper weight lifting attire, t-shirt- preferably with team logo, shorts & tennis shoes.

OTHER INFORMATION:

- Bring your own weight belts
- No knee wraps, wrist wraps, gloves or accessories that may aid the lifter.
- Exceptions will be knee braces approved by physicians
- No Chalk

No body suits, wraps, braces, unless accompanied by a Doctor's note

ADMISSION: \$3.00 for spectators

CONCESSIONS:

- 1.) T-shirts will be on sale for \$10 (s-3xl)
- 2.) Concession stand for all participants
- 3.) Hospitality room open to all coaches