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**SOUTH CALLAWAY HIGH SCHOOL GYMNASIUM**

**SATURDAY, MARCH 3rd 2018**

**WEIGH-IN 8:00AM**

**LIFTING BEGINS 9:15AM**

**AWARD PRESENTATION ~ 5:00PM**

**Lifts Include = Clean - Bench Press - Squat**

**Athletic Events = 40 Yard Dash - Vertical Jump**

All Awards are Based on each Individual's Athletic Rating

ATHLETIC RATING = (((B.P.+C.L.+S.Q.+V.J.(in cm))/BODY WT)/40 YD TIME)

WEIGHT CLASS AWARDS = 1st Place MEDALS

TEAM AWARDS = 1st and 2nd PLACE TROPHIES

OUTSTANDING LIFTER AWARD

(HIGHEST OVERALL ATHLETIC RATING)

Cost is $20 per athlete, which includes a meet t-shirt

**\*\*New to 2018\*\* All teams will need to pre-pay by Feb. 16 to receive a meet t-shirt.**

*Coaches may send a check or P.O. (with shirt sizes) to*

**10135 State Hwy. C, Mokane, MO 65059 Attn: Coach Hess**

\*Make checks payable to: SC Power Meet (***no refunds***)

\*Walk-Ups are still welcome (*will not receive a meet t-shirt*)

**WEIGHT CLASSES AND DIVISIONS\***

**GIRLS (Rep Max)**

0-139 140-ABOVE

**HS BOYS (Single Rep Max)**

0-124 170-184

125-139 185-199

140-154 200-224

155-169 225-249

250-Above

\*Note: We may try to keep weight classes close to the same number of lifters. We would like to avoid having 20 lifters in 1 weight division and 5 in another. To do this we may take the total number of lifters and divide by number of weight classes to get classes equal in number.

Schools Invited: Centralia, Eldon, Hallsville, Montgomery County, Mark Twain, Palmyra, Osage, Southern Boone, Van Far, Westran, Father Tolton, Harrisburg, Fayette, North Callaway and Others