

MHSPLA Regional Qualifier

Hosted By: Mona Shores High School

DATE: Saturday, February 21, 2026

PLACE: 1121 Seminole Rd., Norton Shores, MI 49441

REGISTRATION Pre-Registration starts on Tuesday at 3-6 pm **(2/17/26)**
(For schools in the West Michigan Area)
Pre-Registration begins on Wednesday at 3-6 pm **(2/18/26)**
(For any schools East of Grand Rapids)

**THERE IS A CAP OF 300 LIFTERS FOR EACH SESSION
NO REGISTRATIONS WILL BE ACCEPTED EARLIER.**

ENTRY FEE: \$20.00 CASH or MONEY ORDER (NO personal checks will be accepted)
All registered lifters must be paid for at the time of registration.

COACHES: Check in your entire team at registration and pick up your team packet. Any **scratches must be turned into the scratch table**. Teams are financially responsible for scratched lifters.

NO LATE REGISTRATION OR WALK-INS ALLOWED

MEET DIRECTOR: Matt Koziak 231-343-5600 **EMAIL:** koziakm@monashores.net

AWARDS: Medals First through Third. Men's Varsity Division (9th-thru 12th grade) and JV Division (7th thru 10th grade) and Women's Varsity Division (9th thru 12th grade) and JV Division (7th thru 10th grade)

HOME WEIGH-INS. Coaches/ADs will weigh their athletes at home for a projected **weight class**. This projection will be sent to the regional sites in a spreadsheet with the Lifter Name, School, Division, Weight Class, and Openers by the deadline stated on the registration form. Email the SPREADSHEETS one listing all MALES and one listing all FEMALES participating to koziakm@monashores.net using the attached spreadsheet **No other format will be accepted**. Email must be received no later than 6:00 pm Wednesday, 2/18/26 or whenever 300 Lifter Caps have been reached.

When the athlete registers at the meet, he/she will be weighed in, wearing a t-shirt and shorts. No shoes, jackets, sweatshirts, etc. will be allowed. This weight will be documented and used for the competition. There will be check scales available and ONE attempt on the official scale only. Your exact weight will determine your weight class. **NO EXCEPTIONS Have your attempt card, wristband, and Student ID with you for official weigh-ins. NO EXCEPTIONS!!**

ALL LIFTERS MUST BE REGISTERED AND WEIGHED IN ONE HOUR PRIOR TO THE SCHEDULED START OF LIFTING. PLEASE PLAN ACCORDINGLY.

TEAM AWARDS: Top 2 teams in each division. JV Womens, Varsity Womens, JV Mens, Varsity Mens

DOORS OPEN AT 7:00 am

WOMEN'S DIVISIONS

CHECK-IN BEGINS: 7:00 am

CHECK-IN ENDS: 8:00 am

COACHES MEETING: 8:15 am

WARM-UP (IN WEIGHT ROOM): 8:10 am

REPORT TO PLATFORM 8:50 am

NATIONAL ANTHEM: 8:57 am

LIFTING BEGINS: 9:00a m

MEN'S DIVISIONS

CHECK-IN BEGINS: 11:00 am

CHECK-IN ENDS: 12:10 pm

WARM-UP (IN WEIGHT ROOM): 12:10pm

REPORT TO PLATFORM: 12:50 pm

NATIONAL ANTHEM: 12:57 pm

LIFTING BEGINS: 1:00 pm

ELIGIBILITY: Open to all 7th-12th grade lifters. Students **MUST** be enrolled in the school that they are lifting. All students **MUST** be eligible to compete according to their school's eligibility standards. **ALL LIFTERS MUST BE DRUG-FREE FOR A MINIMUM OF 36 MONTHS.** All lifters must qualify at an MHSPLA qualifying meet in order to compete at the State Finals.

RULES: MHSPLA rule will govern this meet.

WEIGHT CLASSES:

MEN: 114, 123, 132, 145, 155, 165, 181, 194, 207, 220, 242, 275, SHW

WOMEN: 105, 114, 123, 132, 140, 148, 155, 165, 181, 198, 220, 242, 242+

EQUIPMENT:

This will be a RAW Meet.

Shorts and Short-Sleeve T-shirt.

No singlets or squat shorts are allowed.

No tights

4-inch belt **ONLY**. No padding in the back or any type of Velcro straps allowed. ****REQUIRED FOR SQUAT AND DEADLIFT****

Compression shirts/shorts are acceptable.

Long socks are **REQUIRED** for the deadlift.

SPECTATOR ADMISSIONS: \$5.00 individual (11-59 yrs) **GO FAN ONLY, NO CASH AT THE GATE.**

- **FREE** for 10 yrs and under, military, police, Fire/EMS (ID Required) 60+

MONA SHORES

Regional Qualifier - Entry Form

\$20.00 per lifter registration

Grade _____ Weight Class _____ Sex _____

Name _____ High School _____

Home Address _____

Openers: Squat _____ Bench _____ Dead Lift _____

Check Division Entered:

JV
Wome Varsity
_____ n _____ Women _____ JV Men _____ Varsity Men

In consideration of the acceptance of my entry form in this Power lifting competition, I intend to be legally responsible for not only myself, but also my heirs, my executors, and my administrators. In signing this release from liability, I waive and release everyone connected with competition from any and all liability, which may arise from this competition.

In addition to the foregoing, I specifically release **Mona Shores High School, Mona Shores Powerlifting** and the meet directors, meet assistants and anyone connected with this contest, regardless of his/her contribution.

Participant's Signature _____

Parent Signature _____

Parent Name Printed _____

Payment must be in **CASH** or **MONEY ORDER** ONLY. (No personal checks will be accepted.)

Please make money orders out to **Mona Shores Football ONLY**.

RELEASE FROM LIABILITY AND CONSENT TO DRUG TEST

In consideration of the acceptance of my entry in the Power lifting competition I intend to be legally bound, for not only myself but also for my heirs, my executors, and my administrators. By signing this release from liability, I waive and release everyone connected with competition from any and all liability, including any results of negligence which may arise from this competition. Moreover, I agree that any testing method which the meet director and the sponsors of this meet use to detect the presence of strength-inducing drugs SHALL BE CONCLUSIVE. That is, whether I think results of the tests are right or wrong I agree that I have no right to challenge the results of the drug tests. I further agree to submit to any physical tests which may be necessary to complete drug testing. Should I fail to pass the drug test I agree to forfeit any trophy or award which I otherwise have won. I understand and agree that if I fail to pass the drug tests, my name will appear on a published list of suspended members. If determined that I have failed the drug test, I agree to waive any claim for which legal relief is available. I agree to pay any attorney fee and litigation expenses incurred by any person, real or corporate, whom I may sue in an effort to challenge this Release form. I understand that my agreement to pay attorney fees and litigation expenses is the Sine Qua Non for the acceptance of my entry in this contest. If any provision of this release from liability shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this Release from Liability shall remain in full force and effect. I also certify with my signature that this release/agreement cannot be modified orally.

SIGNATURE IN FULL OF APPLICANT _____ DATE: _____

SIGNATURE IN FULL OF PARENT OR GUARDIAN _____

DATE: _____

COACHES RELEASE FROM LIABILITY

This form is for all coaches that are listed when the rosters are sent in to the host schools they may enter the designated lifting area. All coaches that are listed must sign this release from liability. All lifters need only to sign the entry form. This form **does not** provide free entry to any and all events

NAME: _____

ADDRESS: _____

CITY: _____ STATE _____ ZIP _____

PHONE: _____

In consideration of my presence at or participation in, I intend to be legally bound, hereby, for myself, my executors, and administrators, waive and release Mona Shores Public Schools, **Mona Shores Powerlifting and** the Meet Director, their agents, representatives, committees, and members from any and all claims or Rights to damage from injuries or losses suffered by me directly or indirectly participating in or attending the current MHSPLA Regional Meet.

SIGNATURE IN FULL OF APPLICANT _____

DATE: _____

In consideration of the acceptance of my presence at or participation in this Power Lifting competition I intend to be legally bound, for not only myself but also for my heirs, my executors, and my administrators. In signing this release from liability, I waive and release everyone connected with competition from any and all liability including any results of negligence, which may arise from this competition.

SIGNATURE IN FULL OF APPLICANT _____

DATE: _____