

# MHSPLA IRON DREAD Regional Qualifier

Hosted By: Dexter High School

**DATE:** Saturday, February 7<sup>th</sup>, 2026

**PLACE:** Dexter High School, 2200 N Parker Rd, Dexter, MI 48130

**REGISTRATION** Pre-Registration starts on Tuesday at 4-7 pm **(2/3/26)**  
**(For schools in the Jackson, Ann Arbor, and Adrian Areas)**  
Pre-Registration begins on Wednesday at 4-7 pm **(2/4/26)**  
**(For any schools I-69/I-96 South)**

**THERE IS A CAP OF 250 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:** Chris Whittaker (845)-532-0376 **EMAIL:** [Whittakerc@dexterschools.org](mailto:Whittakerc@dexterschools.org)

**AWARDS:** Medals First through Third. Men's Varsity Division (9<sup>th</sup>-thru 12<sup>th</sup> grade) and JV Division (7<sup>th</sup> thru 10<sup>th</sup> grade) and Women's Varsity Division (9<sup>th</sup> thru 12<sup>th</sup> grade) and JV Division (7<sup>th</sup> thru 10<sup>th</sup> 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 [irondread@dexterschools.org](mailto:irondread@dexterschools.org) using the attached spreadsheet **No other format will be accepted**. Email must be received no later than 5:00 pm Wednesday, 2/4/26 or whenever 250 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: 8:00am**  
**LIFTER MEETING: 8:00-8:10am**  
**COACHES MEETING: 8:15am**  
**WARM-UP (IN WEIGHT ROOM): 8:10am**  
**REPORT TO PLATFORM 8:50am**  
**NATIONAL ANTHEM: 8:57am**  
**LIFTING BEGINS: 9:00am**

**MEN'S DIVISIONS**

**CHECK-IN BEGINS: 10:00am**  
**CHECK-IN ENDS: 11:00am**  
**LIFTER MEETING: 11:00-11:10am**  
**COACHES MEETING: 11:30am**  
**WARM-UP (IN WEIGHT ROOM): 11:10am**  
**REPORT TO PLATFORM: 11:50 am**  
**NATIONAL ANTHEM: 11:57am**  
**LIFTING BEGINS: 12:00pm**

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**ELIGIBILITY:** Open to all 7<sup>th</sup>-12<sup>th</sup> 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.**

Spectator Tickets may be purchased in Advance: at <https://gofan.co/app/events/891698?schoolId=MI9941>

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



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# BUY TICKETS ONLINE

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USE THE QR CODE BELOW, OR VISIT [GOFAN.CO](https://gofan.co) & SEARCH  
DEXTER HIGH SCHOOL

*CREDIT CARD/TAP-TO-PAY READER AVAILABLE AT THE GATE*



IRON DREAD 5TH ANNUAL POWERLIFTING  
REGIONAL  
FEBRUARY 07, 2026 | 09:00 AM



# IRON DREAD

## 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 \_\_\_\_\_ Varsity \_\_\_\_\_ Varsity  
\_\_\_\_\_ Women \_\_\_\_\_ Women \_\_\_\_\_ JV Men \_\_\_\_\_ Men

In consideration of the acceptance of my entry form in this Powerlifting 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 the competition from any and all liability that may arise from this competition. In addition to the foregoing, I specifically release **DEXTER COMMUNITY SCHOOLS** 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 **(Iron Dread SC)** ONLY.

### MHSPLA RELEASE FROM LIABILITY AND CONSENT TO DRUG TEST

In consideration of the acceptance of my entry in the Powerlifting 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 of liability, I waive and release everyone connected with the competition from any and all liability, including any consequences arising from negligence that may occur during this competition. Moreover, I agree that any testing method that 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 the 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 that 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 it is 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 fees 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.

**DEXTER SCHOOLS Release/Waiver of Liability and Damages**

Participant, and/or Parent/Guardian of Minor, acknowledges that participation in athletic events involves dangers or conditions that are part of the sport and such inherent risks may result in injury, serious injury, death, or damage to property. **Dexter Community Schools does not provide health or accident insurance coverage for participants.** Parents and/or their insurance company must pay for any medical bills incurred for injuries sustained at school, school-sponsored events, athletic practices or events, or on school property. The District will not pay medical bills that are not covered by your insurance policy.

Furthermore, the Participant, and/or Parent/Guardian of Minor, agrees to indemnify, defend and hold harmless Dexter Community Schools and its officials, employees, agents, and representatives from and against any and all claims, liabilities, losses, demands, causes of action, suits or judgments, including, but not limited to, those for death of or injury to persons and for loss of or damage to property, arising or alleged to arise, either directly or indirectly, (a) out of or in connection with participation in the Event, (b) use or occupancy of premises, (c) out of or in connection with the acts or omissions of the Participant, guests, or other invitees where such acts or omissions occur on premises, or (d) out of or in connection with any acts or omissions of Participant, his/her contractors, guests, or other invitees where such acts of omissions occur elsewhere off premises.

Notwithstanding the foregoing, if premises is damaged or destroyed as a result of negligence, omission, or willful act of Participant, his/her guests, or other invitees, then Participant, and/or Parent/Guardian of Minor, at his/her own expense, must repair and restore premises. Dexter Community Schools makes no warranties or representations about the condition, fitness or safety of the premises, or any part thereof. If any provision of this Release/Waiver of Liability and Damages shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this Release/Waiver of Liability and Damages shall remain in full force and effect. This Release/Waiver of Liability and Damages cannot be modified orally. A photocopy or faxed copy of this document can be relied upon as though it were original.

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 into 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 **Dexter Community Schools**, 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. I signing this release from liability I waive and release everyone connected with the competition from any and all liability including any results of negligence, which may arise from this competition.

SIGNATURE IN FULL OF  
APPLICANT \_\_\_\_\_ DATE: \_\_\_\_\_.