

MHSPLA
2026 Yale Regional
Hosted at: Yale High School

DATE: SATURDAY, January 10th, 2026

PLACE: Yale High School. 247 School Drive, Yale, MI 48097

REGISTRATION PROCESS:

1. Regional pre-registration is from 4-7pm on Tuesday, January 6 2025.
(Thumb Area, Bluewater Area, Genesee County, Huron County, Lapeer County, Sanilac County, St. Clair County, Tuscola County)
2. Secondary pre-registration is from 4-7pm Wednesday, January 7th 2025

THERE WILL BE A CAP OF 300 LIFTERS WITH 12 PLATFORMS FOR EACH SESSION. NO REGISTRATIONS WILL BE ACCEPTED EARLY.

ENTRY FEE: \$20.00 CASH or MONEY ORDER (NO personal checks accepted)

Lifters **MUST PAY** entry fee at the weigh-in site.

NO LATE REGISTRATION OR WALK-INS ALLOWED

MEET DIRECTOR: Garrett Grundman - 810.656.2859 - ggrundman@ypsd.us -

PLEASE NOTE

Athletes **MUST** weigh in wearing a t-shirt, shorts, & socks. No shoes, jackets, sweatshirts, etc. will be allowed. This will be your official weight for the competition. Check scales are available. **ONE** attempt on the official scale only. **Have your attempt card, wristband, and Student ID with you for official weigh-ins.** NO EXCEPTIONS!!

ALL LIFTERS MUST BE REGISTERED AND WEIGHED IN 60 MINUTES PRIOR TO THE SCHEDULED START OF LIFTING. PLEASE PLAN ACCORDINGLY.

***Coaches must register their TEAM AS A GROUP AND PRESENT MONEY AND FORMS ALL TOGETHER. (Women at their registration time and men at their registration time.) IF A LIFTER SCRATCHES AFTER THE SPREADSHEET HAS BEEN TURNED IN ON TUESDAY/WEDNESDAY, THE MONEY IS STILL OWED (If you have 20 men on the spreadsheet you turned in and only 18 show, you still owe 400 dollars)**

AWARDS: Top 3 medals in each weight class for JV and Varsity. Top 2 Schools will receive a plaque for JV and Varsity.

ROSTERS: Coaches/AD's should submit their roster of qualified lifters with the potential weight class. **PLEASE SUBMIT EMAILS WITH ROSTERS FOR EACH GENDER.** Students MUST be enrolled in the school that they are lifting. This roster will be emailed to the meet director using the approved MHSPLA spreadsheet (**No other format will be accepted**) with the Lifter's Name, School, Division, Weight Class (**NOT ACTUAL WEIGHT - FOR 242+ type 243 & FOR 275+ type 276**) and Openers by the deadline stated on the registration form. Email the spreadsheet listing all participating members to: ggrundman@ypsd.us

MEET SCHEDULE:

WOMEN'S MEET		MEN'S MEET	
6:45 AM	DOORS OPEN		
7:00-7:45 AM	REGISTRATION FOR FEMALE LIFTERS (East Hall)	11:15a-12:00PM	REGISTRATION FOR MALE LIFTERS (East Hall)
7:00-8:00 AM	WEIGH-INS FOR FEMALE LIFTERS (Library)	11:15a-12:15PM	WEIGH-INS FOR MALE LIFTERS (Library)
8:15-8:25 AM	LIFTER RULES MEETINGS (Gym)	12:30-12:40 PM	LIFTER RULES MEETING (Gym)
8:25-8:45 AM	LIFTER Warm-Up (Platform)	12:40-1:00 PM	LIFTER Warm-UP (Platform)
8:45-8:55 AM	PLATFORM MEETINGS	1:00-1:10 PM	PLATFORM MEETINGS
8:55 AM	NATIONAL ANTHEM	1:10 PM	NATIONAL ANTHEM
9:00 AM	MEET STARTS	1:15 PM	MEET STARTS
Conclusion	AWARDS (Cafeteria)	Conclusion	AWARDS (Cafeteria)

WARM-UPS WILL BE TAKE PLACE AT EACH LIFTING PLATFORM

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.

RULES: MHSPLA rule will govern this meet.

WEIGHT CLASSES:

MEN: 114, 123, 132, 145, 155, 165, 181, 194, 207, 220, 242, 275, 276

WOMEN: 105, 114, 123, 132, 140, 148, 155, 165, 181, 198, 220, 242, 243

EQUIPMENT:

- This will be a RAW meet. Shorts and Short Sleeve T-shirt (No sleeveless shirts allowed)
- No singlet or squat shorts, tights or hats allowed.
- MAXIMUM OF A 4-inch belt. Belt can be smaller. No padding in back or any type of Velcro straps allowed. Must be worn while squatting and deadlift.
- Compression shirts/shorts are acceptable. Only one layer for the upper body allowed.
- Long socks REQUIRED for deadlift.

CONCESSIONS: WILL BE OPEN ALL DAY

SMOOTHIES & REGIONAL T-SHIRTS: AVAILABLE FOR PURCHASE

ADMISSIONS: \$5.00 individual (Ages 10-59); Under 10/ Military/ 60+ FREE

PARKING/ENTRANCE: Parking will be available throughout campus. Please refrain from parking in the circle drive to the Northeast of YHS and in grassy areas. Fan/spectator entrance will **ONLY** be on the Northwest side of the school (Athletic Entrance Doors). Athlete entrance will be the set of doors to the East of the fan/spectator entrance (Main Office Doors).

REGISTRATION/WEIGH IN SITE: WILL TAKE PLACE IN THE LIBRARY/ East Hallways. (Far east end of high school.)

AWARDS SITE: Cafeteria

MAPS BELOW:



MHSPLA 2026 Yale Regional

Entry Form

\$20.00 per lifter registration

Name _____ High School: _____

Grade: _____ Estimated Weight Class: _____ Gender: _____

Home Address: _____

City: _____ State: _____ Zip: _____

Phone Number: (_____) _____

Division: _____ Women _____ V Women _____ JV Men _____ V Men

Openers: _____ Squat _____ Bench _____ Deadlift

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 competition from any and all liability, which may arise from this competition.

In addition to the foregoing, I specifically release the MHSPLA & its' board members, Yale HS, Yale Powerlifting, Yale Community Schools, the meet director, the 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 or school issued checks out to:

YALE Schools- Powerlifting ONLY.

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 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 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 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: _____

PERSONAL ADDRESS: _____

CITY: _____ STATE _____ ZIP _____

PHONE: _____

SCHOOL AFFILIATION: _____

In consideration of my presence at or participation in, I intending to be legally bound, hereby, for myself, my executors, and administrators, waive and release the MHSPLA & its' board members, Yale HS, Yale Powerlifting, Yale 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 Junior Varsity Meet.

SIGNATURE IN FULL OF
APPLICANT _____ DATE: _____

In consideration of the acceptance of my presence at or participation in this 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 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: _____.