

MHSPLA

2026 Junior Varsity State Championships

Hosted By: Oxford Powerlifting

DATE: Saturday, February 28, 2026

PLACE: Oxford Middle School, 1420 Lakeville Rd., Oxford, MI 48371

MEET DIRECTOR: Carol Carpenter, oxfordHSpowerlifting@gmail.com

RULES: MHSPLA rules will govern this meet.

LIFTER ROSTER DEADLINE: Rosters may be submitted (by coaches) between **3:00 pm–6:00 pm on Tuesday, February 24, 2026**. Rosters will NOT be accepted earlier or later. NO WALK-INS ALLOWED. Only lifters who have qualified for the MHSPLA JV State Championship may participate.

LIFTER ENTRY FEE: \$25.00 CASH or MONEY ORDER - NO personal checks will be accepted. Lifters must pay the entry fee on the day of the meet during check-in. Failure to pay will result in the lifter not being allowed to compete.

SPECTATOR ADMISSION: \$ 5.00 individual (11-59 years of age); Free for 10 years old and under, military, police, Fire/EMS (ID Required), and 60+ years old.

AGENDA*

Doors open at 6:30 am.

WOMEN'S DIVISION		MEN'S DIVISION	
7:00 am-8:00 am	Check-In & Weigh-In	11:00 am-12:00 pm	Check-In & Weigh-In
8:15 am	Coaches Meeting	12:45 pm	Coaches Meeting
8:30 am	Lifter Meeting	1:00 pm	Lifter Meeting
8:40 am	Warm-up	1:15 pm	Warm-up
9:00 am	Competition Begins	1:30 pm	Competition Begins

**Times are tentative. Please be flexible and patient as coaches, officials, and volunteers are working both the women's and men's meets. Activities may be delayed as each division completes its competition.*

AWARDS:

Awards ceremonies will follow each divisions' competition – Women's midday and Men's late afternoon/early evening.

- Women's and Men's individual medals 1st through 5th place.
- Women's and Men's JV team trophies 1st through 3rd place.

ELIGIBILITY: Open to all 7th-10th grade lifters who have qualified at a 2025-2026 season MHSPLA Regional Meet. Students MUST be enrolled in the school they registered under. 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.

ROSTERS: Coaches/AD's must submit their roster of qualified lifters using the spreadsheet provided on the JV State Championship meet webpage on the MHSPLA website. No other formats will be accepted. Please include the listers' names, school, division, weight class qualified (if a lifter has qualified in

multiple weight classes, please indicate their weight class expected for the state meet), and their openers.

Please Note: Include coach information on the roster (bottom of spreadsheet) for those who will be on the floor with the lifters. Only two (2) coaches are allowed if there are ten (10) or less lifters on the roster. One (1) additional coach can be added for each additional ten (10) lifters. If a coach is not listed on the spreadsheet, he or she will not be allowed on the floor during competition. Any coaching substitutions must be communicated to the meet director BEFORE the day of the meet.

Email the spreadsheet listing all participating lifters and coaches to: Carol Carpenter at oxfordHSpowerlifting@gmail.com between **3:00 pm–6:00 pm on Tuesday, February 24, 2026.**

CHECK-IN & WEIGH-IN

Lifters must present their registration form (included in this packet) and student ID at check-in, and wristband and student ID at weigh-in. NO exception. After the lifter registers at the meet, he/she will be weighed, wearing a short-sleeved shirt, shorts, and socks. No shoes, jackets, sweatshirts, hats, earbuds, headphones, etc. will be allowed. This weight will be documented and used for the competition. There will be check scales available and only ONE (1) attempt on the official scale. Your exact weight will determine your weight class. You must weigh within the range of the weight class you qualified in. If the lifter is too light or too heavy, the lifter will NOT be able to compete in the meet. Weight class changes are NOT allowed at a state championship meet. All lifters must be registered and weighed in one (1) hour prior to the scheduled start of lifting. Please plan accordingly.

COACHES: To ease check-in, please try to check in as a team. Remind your lifters at the official weigh-in that they still need to show their school ID and have their lifter wristband on. If a lifter is a no show/scratches after the roster spreadsheet has been submitted on Tuesday, February 24, the registration fee (\$25 per lifter) is still owed in full at check-in.

WEIGHT CLASSES:

Weight class numbers are the maximum weight for that class, except for the Men's SHW (275.1 lbs and above) and Women's 242+ (242.1 lbs and above). For example, the Men's 145 weight class is for those weighing 132.1-145.0 lbs. Weights are rounded to one decimal place.

- 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-shirts are required.
- Singlets, squat shorts, or tights are NOT allowed.
- Compression shirts/shorts are NOT allowed.
- Max 4-inch belt ONLY. No padding in the back of the belt. No Velcro straps/closures.
- Long socks to the knee (touching the underside of the kneecap) are REQUIRED for the deadlift.
- You must wear shoes when lifting in competition. No sandals, slides, crocs, or bare feet allowed.
- No hats, caps, earbuds, headphones, etc. when lifting in competition.

*Lifters with long hair: It is encouraged to put your hair in a high ponytail or bun during the squat to prevent hair from getting wrapped around the bar.

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Lifter Entry Form Hand-deliver form at check-in.
Hand-deliver form at check-in with \$25.00 (per lifter) registration fee.

Name _____ School: _____

Grade: _____ Weight Class: _____ Gender: _____

Home Address: _____ City: _____ State: _____ Zip: _____

Phone Number: (_____) _____

Division: _____ JV Women _____ JV 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 Oxford Community Schools, Oxford Powerlifting, Oxford Middle School, the meet directors, meet assistants, and anyone connected with this contest, regardless of his/her contribution.

Lifter's Signature: _____

Guardian Signature: _____

Guardian Name Printed: _____

Payment must be in **CASH** or **MONEY ORDER ONLY**. No personal checks will be accepted.
Please make money orders out to ***Oxford Community Schools - Powerlifting***.

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 the 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 LIFTER: _____ DATE: _____

SIGNATURE IN FULL OF

PARENT OR GUARDIAN: _____ DATE: _____

COACHES RELEASE FROM LIABILITY

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LIFTERS DO NOT FILL OUT THIS FORM.
Coaches hand-deliver form at check-in.

Each coach who is listed on the roster submitted to the host school must sign and submit this release from liability to enter the designated lifting area for the 2026 JV State Championship meet. This form **does not** provide free entry to any and all events.

Please print the following information:

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____

SCHOOL/TEAM: _____

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 Oxford Community Schools, Oxford Powerlifting, Oxford Middle School, 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 JV State Championship.

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. In 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: _____

