

Hello Lifters,

We are just a few weeks away from the USA Powerlifting Minnesota State Championship on March 21-22, 2020 at Bloomington Jefferson High School 4001 W 102nd St. Bloomington, MN 55437

The below email is long, but it contains many details and important information for the event. Please read the email in its entirety.

Important Information:

1. Preliminary schedule will be as follows:

Thursday March 19, 2020 *(optional, but highly encouraged to attend one of early equipment check options)*

5PM-7PM – Early Equipment Check and Rack Heights at American Strength Training Center

Friday March 20, 2020 *(optional, but highly encouraged to attend one of early equipment check options)*

6:30PM – 8:30PM – Early equipment check and rack heights at Bloomington Jefferson High School

Saturday March 21, 2020 – All Youth, All Master Women, All Teens, All Juniors, Women's 47, 52, 57, 63, Men's 59, 66, 74, 83

6:30am - Doors open for Lifters and coaches.

6:30am-8:30am – Lifter Registration and equipment check

7:00am-8:30am – Weigh ins by lot number

8:00am – Doors open for General Admission

8:15am – Rules meetings

9:00am – Lifting begins

Sunday March 22, 2020 – All Master Men, Women's 72, 84, 84+, Men's 93, 105, 120, 120+, All Guest

6:30am - Doors open for Lifters and coaches. You will not be allowed in before this time!

6:30am-8:30am – Lifter Registration and Equipment check

7:00am-8:30am – Weigh ins by lot number

8:00am – Doors open for General Admission

8:15am – Rules meetings

9:00am – Lifting begins

****If you registered for both an age division and an open division (multiple division entry), you will lift with your age group, unless you registered for Master division and the Men's Open 59, 66, 74 or 83 class, you will lift on Saturday with the open division.****

Flight details will not be released until the week of the event!

2. Do you need to change weight classes (Open divisions only), add a coach, update/add your membership or add a team name? Please submit all changes via the Athlete Change Form found [here](#).

Please keep in mind, since this is a 2-day event, it is VERY important that you make weight. Lifters who miss weight (too light) on Sunday and whose class has already lifted on Saturday must lift as guest lifters and are not eligible for placing/awards.

If a lifter misses weight (too heavy) and the weight class they need to move into does not lift until the next day, the lifter must wait until the next day and lift with his or her class. However, if the lifter will not be there the next day (i.e., they have to leave before then), the lifter will compete with the original class (the one he or she did not make) but will be listed in their actual division.

3. Coaches MUST also be on the coaches list before Wednesday March 18th at 5 P.M. If you need to update or add a coach, please fill out the [Athlete Change Form](#). If your coach is not on the advanced list, they will not be allowed to access the warm-up area. **There will be absolutely no exceptions.**

4. All teams listed in Lifting Cast must be a current Registered Club with USA Powerlifting. If your team is not registered as a club for 2020, it will be removed from your information. Be sure to have the team captain/president update your club registration prior to the event. View the current registered clubs [here](#). **All club registrations expired on December 31st, 2019**

5. All lifters MUST have a valid USA Powerlifting membership the day of the event. Please get your membership no later than Wednesday March 18th at 5 P.M., so we can verify memberships. If you did not enter a membership number during registration please add it by filling out the [Athlete Change Form](#). You can get your membership [here](#).

6. Every Coach is required to pay the \$10 admission fee (unless they are also a lifter the day of the event).

7. If you need to drop from the meet, please let us know by indicating your withdrawal on the [Athlete Change Form](#). Drops impact staffing needs as well as awards and flights. Please help us by communicating any changes.

If you need to drop for any reason, you are welcome to join as a spectator free of charge. In addition, if you would still like your t-shirt and you drop, please let us know if you would like someone to pick up the shirt on your behalf. We will not mail t-shirts.

8. Spectator Fee \$10 for adults. 12 and under are free.

9. Please make sure all your personal equipment meets the requirements listed in the rulebook. You can find the updated rulebook [here](#).

Also, be familiar with the apparel policy which applies to all garments worn on the platform. The policy be found on page 22 of the rulebook. This policy pertains to things such as t-shirts, singlets and logos on all items worn. It is VERY important you are familiar with the requirements as some items previously worn may NOT be acceptable now.

Please keep in mind, that the best place to get information is via our website. This will have the most up to date information on the event. <https://mgpowerlifting.com/mnstate/>

If you have any questions or concerns, please feel free to reach out via email, phone or text.

Remember most updates can be completed via the [Athlete Change Form](#).

Thank you!

Shannon & Ken