

# 23rd Annual Trojan Power Meet

**WHO:** The event is open to anyone currently in high school.  
Typically we have about 12-15 schools represented.

**WHAT:** Maroa-Forsyth High School weight room located directly off of Highway 51, you will enter using the event entry west doors, on the North side of the building.

**WHEN:** Saturday March 4th 2023

Weigh in is from 9:00-10:00 AM

Lifting events begin at 10:00 AM

Each rotation usually takes about an hour with an awards ceremony at the end of the event. Whole event with weigh in and awards will end around 1:00 PM.

## **RULES:**

**Bench press:** Spotter will give the lifter a lift-off, bar should be lowered until touching the lifters chest and then raised up to lock-out and then racked by the spotter. No Bench Shirts, arched back will be disqualified if becomes a safety issue.

**Parallel Squat:** Lifter will lift bar from the rack and descend until parallel. Lifter will stand and rack. This is a judgment call and lifter *will not argue*. None of my judges will be biased and therefore arguments will get the lifter disqualified. 3 Judges at each station give a thumbs up for a good lift or thumbs down for a bad lift, 2 out of 3 majority rules.

**Power/hang clean:** Lifter can start from floor or hang position and then must lift and flip weight to chest and hold for a 1 count. Lift must be done in 1 continuous motion.

In all events, the lifters pick their own weight. However, the weight will not go down, after the spotter sets a weight we can only add. Each lifter gets 3 lifts if all 3 lifts are successful then 1 bonus lift will be awarded. Each event will have a 5-minute warm-up period and a lifter if waiting a while before his lift may choose to warm up as the weight builds.

**\*\*\*All Girl participants enrolled will automatically be included in the 125-under weight class**

## **Weight Classes:**

125-under

126-140

141-155

156-169

170-183

184-199

200-210

211-224

225+

For safety purposes lifters are encouraged to bring their own belts, straps, etc. \*In case of a tie, it will be broken by the lightest lifter, followed by the youngest lifter.

**Concessions:** A concession stand will be available with breakfast, lunch(Pizza, hot dogs, hamburgers) and snack items.

**Spectators:** Spectators and coaches are welcome but not required we will have plenty of supervision at the event. Also, lockers and changing area will be provided.

**Awards:** Medals will be given to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>, place finishers in each weight class for each event. Also 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, place team trophies will be awarded to the teams that score the most points. 5 points are awarded for a 1<sup>st</sup> place finish, 3 for a 2<sup>nd</sup> place finish, and 1 for a 3<sup>rd</sup>.

**Records:** Enclosed is a list of the records in the 3 events we. We will attempt to call out new records during the event.

**Deadline:** There is no true deadline to participate in the event, however, t-shirt orders will be placed on Wednesday, February 19th. So large orders or special sizes will need to be placed by then. If you know for sure your school will be participating please contact me, I am going to add all of the school names to the t-shirts this year, but this will only have schools that have contacted me. If coaches have a rough idea by then I would appreciate a quick call or e-mail to let me know. My phone number is 217-794-3463 ext. 166, Cell # 217-972-2460 or e-mail me at [JostesJ@yahoo.com](mailto:JostesJ@yahoo.com)

**Cost:** Cost is \$25.00 per person, which will include a t-shirt and a chance at medals and trophies. Any questions contact Josh Jostes at 794-3463 ext. 109 or at home 794-5756, cell 217- 972-2460, or by e-mail address above.

# Trojan Power Meet Records

## 125-Under

**BENCH-** David Mckee, MF, 205, 2008, Dylan Austin, SOV, 2011, Zach Raker, PBL, 2011, Peyton Jenkins, MF, 2020

**SQUAT-** Peyton Jenkins, MF, 315, 2020

**CLEAN-** Peyton Jenkins, MF, 205, 2020

## 126-140

**BENCH-** Anthony Good, Cerro Gordo, 265, 2009

**SQUAT-** Alex Neil, Cerro Gordo, 365, 2015

**CLEAN-** Dawson Roberts, MF, 240, 2016

## 141-155

**BENCH-** Devin Anslem, Cerro Gordo, 305, 2013

**SQUAT-** Dawson Roberts, MF, 400, 2017 & Lukas Hortin, Tuscola, 400, 2016

**CLEAN-** Ben Gilbert, MF, 275, 2021

## 156-169

**BENCH-** Evan Grimm, Auburn, 320, 2017

**SQUAT-** Khalil Neal, MF, 460, 2013

**CLEAN-** Tanner Falk, MF, 285, 2016 & Jonathon Muller, PBL, 285, 2018 & Lane Perry, Pana, 2020

## 170-183

**BENCH-** Craig Ayers, Oakwood, 340, 2013

**SQUAT-** Hunter Anderson, PBL, 465, 2019

**CLEAN-** Tanner Falk, MF, 310, 2017

## 184-199

**BENCH-** Casey Constant, Williamsville, 350, 2008

**SQUAT-** Arik Inda, MF, 500, 2014

**CLEAN-** Brandon Goede, MF, 310, 2017

## 200-210

**BENCH-** Caleb Lahey, Bismarck, 350, 2019

**SQUAT-** Bryson Boes, MF, 550, 2021

**CLEAN-** Bryson Boes, MF, 355, 2021

## 211-224

**BENCH-** Justin Mikeworth, MF, 385, 2014

**SQUAT-** Michael Spradlin, New Berlin, 520, 2014

**CLEAN-** Josh Cox, MF, 320, 2009

## 225+

**BENCH-** Matt Rehan, Williamsville, 445, 2008

**SQUAT-** Jordan Anderson, PBL, 605, 2015

**CLEAN-** Anthony Campbell, MF, 330, 2021



