

08/28/2022 Michigan WSO Minutes

Present: Norman Lewis, Lexie Beemer, Casey Lambert, Sarah Lewis, Joelle Emery, Jenna Davis

MICHIGAN STATE CHAMPIONSHIP 2022

Currently at 90 entries!!

Register Here : <https://www.michiganweightlifting.com/state-championship>

Qualifying Period : October 1, 2021 - September 4, 2022

Registration : Ends September 2

Late Registration : Ends September 16

Team Registration : Now open, 5 athletes per team, master and youth team divisions added

Location : Trinity Elite Sports Performance Center - 13245 Newburgh Rd Livonia, MI

Schedule : Lightest entry totals will lift Saturday, heavier totals will lift Sunday. Sessions will alternate m/f

Hotel Blocks : Available, check event web page

Sponsors

- 2pood : 15% off code for participants, belts for overall winners
- Element
- Uesaka : warm up equipment, discount from uesaka website
- Velaysa : 25% off for weightlifting products, lifters for overall winners
- Chestee : prizes
- Lift genie
- Crossover symmetry
- Michigan dairy

Motion to add adaptive totals to the State Meet

- *Adaptive totals will be 50 percent of the competition totals, adaptive athletes will be in charge of contacting the board at michiganweighlifting@gmail.com to confirm their entry*
- *Yes from all reps present, going to be added the website, anyone meeting those standards is now welcome to register*

Not a Michigan lifter? You are still able to compete, but not eligible for prizes

UPCOMING MEETS IN MICHIGAN

Boo Bash

Date : Saturday, October 8

Location : 4 Star Strength 12620 Newburgh Road Livonia, MI 48152

Register here : <https://www.eventbrite.com/e/boo-bash-tickets-404236009787>

Iron Egg

Date : Saturday November 5 (and Sunday November 6 if necessary)

Location : Wolverine Strength and Conditioning 680 State Circle Ann Arbor, MI 48108

Early Bird Registration : August 26 - September 9

Registration : September 10 - October 14

Late Registration : October 15 - October 21

Register Here :

<https://www.eventbrite.com/e/2022-iron-egg-a-squared-open-weightlifting-championships-registration>

Next Board Meeting Sunday September 25th, 1pm