



# *2023 USAPL Ohio State Championship Meet*

*Directed by Five Thirteen Strength*



# Overview

Our proposal is to have the the Five Thirteen Team run the Ohio State Championship meet in the late fall of 2023 in Cincinnati. We would have our annual “Brewery Classic” in November function as the State Championship meet. The meet size would be a similar size to what it has been currently at 100-120 lifters. We believe that we can bring some new and exciting elements to the State Championship Meet experience for everyone involved by introducing a great venue, unique prizes and prize money, excellent local sponsors, and “meet staff” that we will pay for their work. Our first meet in 2021 at MadTree Brewery in Cincinnati was a huge success for a “smaller” 50 lifter local meet. This year we are on our way to having another great meet that’s double the size at 100 lifters that sold out in less than a week.



# *Timing and Logistics*

## **Date(s)**

**2023: Weekend Before Thanksgiving in November.** We would re-purpose our Annual Madtree Brewery Classic meet next year to be the Ohio State Championship. This has shown to be a really good time of year for turnout, because we get a lot of people looking to 1) compete before the holidays and 2) get qualifying totals for Collegiate and Raw Nationals.

## **City**

Cincinnati, OH



## *Venue Option 1: MadTree Brewery*



This venue has been extremely successful for us last year and soon to be this year - we believe it will be a staple USAPL meet in Cincinnati and the surrounding region for years to come. They have mentioned several times that they have enjoyed hosting this event and they are highly accommodating to the needs of a meet, including use of restrooms, and extra rooms for weigh-ins. This also brings a HUGE spectator turnout, which is key to a next level meet.



# *Venue Option 1: University of Cincinnati Armoury Field House*



This would be a backup option and/or something we could explore as an alternative if we wanted to move MadTree to the Summer. We've learned from the brewery meet that unique venues result in excellent turnout and excitement for meets like this. This building is built for large sporting events exactly like this and brings a "State Championship" vibe to the event. This also encourages the UC Powerlifting team to have a strong hand in helping with this meet, with volunteers, spotters/loaders, refs, etc. - and truly those are huge components of a great meet. We've already initiated some conversations with UC about this - right now it would not be a guarantee, but we have at least learned that it is unlikely it will be in use for something else during this time.



# Meet Details

## How it will be run

We've proved we can run a successful meet and generate turn-out for a meet comparable to the size of the State Championship. We've also learned a lot about how to do better too. The key to executing a meet of this size successfully is to project manage and delegate in order to get the details right. That's why we would get Tyler and Traci to become co-meet directors in 2023, with Michael overseeing the meet as a whole as the primary meet director. The two of them would take ownership of specific responsibilities such as ref/spotter/loader recruiting, vendor contact, sponsors, prizes, etc. We also have the ability to "donate" to (pay) the UC Powerlifting Club to help in various ways as well. With so much of the success of meets riding on the little details, having a lot of help is critical assuming the leadership and project management is good.

## Meet Size

**120 Lifters Max on 2 platforms.** Would love to explore the idea of a 2-day meet with more lifters but would not promise that with all of the variables associated.

## Out of State Lifters?

**Yes, out of state lifters would be able to register.** However I would prioritize Ohio lifters to incentivize more Ohio participation and would also market it as such. Our initial ideas are to offer a slightly discounted price for Ohio lifters and also open registration early for those lifters, which would be significant considering how fast the 2022 Brewery Classic sold out. We would also offer additional prizes for the top Ohio lifters, regardless of other divisions or best overall.



# Meet Details

## How Out of State Lifters Will Be Handled

We would likely keep it the same division structure that it has been for the past couple State Championship Meets with Ohio Divisions. It can get a little confusing to the first-timers, but the way it has been done was successful, so there is no pressing reason to reinvent the wheel. However, we would like to solicit as much feedback as possible (especially from the other directors) about the alternative options, because as mentioned, we want the vibe to be a “Best of Ohio” meet by prioritizing the lifters here, regardless of how the divisions are structured.

## Prizes

We would do a combination of prize money, sponsor donated prizes, and also some form of medals. For our MadTree Brewery Classic this year we have been able to generate additional revenue from sponsors that we are putting straight into prize money. We would target a minimum of \$500 for the Best Overall Lifters, but hopefully more than that even. For our Brewery Classic meets we have also been able to get some pretty cool prizes donated from sponsors, including a Squat Rack, 110 Percent Supplements, and Notorious Lift Slippers. We also would include specific custom prizes for the “State Champs”.



# *Summary & Next Steps*

We love running meets. It's a stressful experience but to see the community it builds and the fun people have whether it be competing, coaching, or spectating is all worth it, especially to achieve the ultimate goal of growing powerlifting. We strongly believe the passion for powerlifting and competitions really does make a difference when it comes to putting on a great meet and executing down to the small details. We hope you consider our proposal to run the Ohio State Championships in 2023 and see the exciting potential it has! Please reach out to [michael@fivethirteenstrength](mailto:michael@fivethirteenstrength) with any questions you have about our proposal. We would be happy to provide a proposed budget and discuss any specific details that we are able to!

Thank you,

Michael, Tyler, and Traci

*Five Thirteen Strength LLC*

