

## **Checotah Wildcat Powerlifting Meet**

On behalf of Checotah Public Schools, we would like to invite you and your team to the 5th Annual Checotah Powerlifting meet on February 6th and 7th 2019. The Junior High will lift on Thursday and the High School on Friday. The weight classes for both meets are those stated in the State Powerlifting rules. Where: Checotah Event Center at Checotah High School Weigh-in: 7:00 – 8:30 am Coaches Meeting immediately following weigh-in each day. Meet will begin at 9:00am both days. Cost: High School - \$125 per team (Friday) Junior High - \$50 per grade entered with a max of \$125 for all three grades. (Thursday) Junior High - There will be a separate 7th, 8th, and 9th grade division. We will medal first through third place in each weight class in each grade. First and second place team plaques will be given for each grade. We will use high school lifters to judge the lifts. This will allow coaches to move around and coach their team. You may bring H.S. lifters to help judge but please explain the rules to your HS lifters and we will have rules meeting with them as well. High School – There will be a large school and small school division. 1st – 5th place medals each weight class. 1st and 2nd place team plaques will be awarded. At least one coach from each staff will judge, depending on how many teams compete we may need your school to judge two events, but we will try to avoid that at all cost. Bring a release form with all three qualifying signatures for each lifter. Entry Fee checks should be made out to Checotah Public Schools. We will have a hospitality room both days serving breakfast and lunch. Friday (high school meet) we will have a fish fry for the hospitality room. Bus parking will be in the west parking lot next to the event center. Full concession will be available. NO ICE CHESTS! Please call to confirm if you are coming, so we can get a total number of teams and lifters to expect.

If you do not call, text or email to confirm, your team will NOT be allowed to participate in the meet. Jimmy Whitlock: Power Lifting Coordinator

491 W Paul Carr Drive Checotah, OK 74426

(405) 313-0278,

Email: [jfwhitlock@checotah.k12.ok.us](mailto:jfwhitlock@checotah.k12.ok.us)

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SCHOOL: \_\_\_\_\_ COACH: \_\_\_\_\_

NAME OF LIFTER: \_\_\_\_\_

WEIGHT DIVISION: \_\_\_\_\_

SCHOOL CLASSIFICATION: (Circle One) Large School (6A 5A 4A 3A) Small School (2A A B C) We, the undersigned, agree not to hold the Oklahoma Football Coaches Association and / or host school and officials liable in the event of an accident. We further agree to abide by all rules and regulations established by the OFBCA AND OFBCA POWERLIFTING ASSOCIATION.

\_\_\_\_\_ (Signature of Parent / Guardian)

\_\_\_\_\_ (Signature of Lifter)

\_\_\_\_\_ (Signature of Coach)

NOTE: 1. Each lifter is to complete and sign this form by deadline. 2. Coach may copy this form as needed.

\*\*DIRECTOR: Jimmy Whitlock (405) 313-0278