



CATOOSA INDIANS POWERLIFTING MEET



Hello Coach,

The 1st Annual Port City Powerlifting Invationals will be held Monday, February 7th for High School Boys and Girls, and Tuesday, February 8th for Middle School Boys and Girls. Entry Fees for the High School and Middle School Boys will be \$135.00 per team or \$100.00 for five or less lifters. Entry Fees for the High School and Middle School Girls will be \$100.00 per team or \$85.00 for 5 or less female lifters.

The High School Boys will have two divisions: large school and small school. The High School Girls will lift according to the OGPCA weight divisions.

The Junior High Boys meet will be broken up by grades: 7th graders will compete against 7th graders, 8th graders against 8th graders, and 9th graders against 9th graders. The Junior High Girls will have 8 weight divisions. Medals will be given to the top 5 high school lifters and top 3 junior high male lifters and top 5 junior high female lifters for each class in each division. A team award will be given to both the girls and boys teams in the high school division. In the junior high, team plaques will be given in the junior high to the 7th grade boys, 8th grade boys, 9th grade boys, and Junior High Girls.

We will have a Coaches Hospitality room along with a full concession stand. **There will be a Meet entry form on my meet at <https://www.ofbcapowerlifting.com/>** PRE-WEIGH-IN IS REQUIRED! Pre-Weigh-in sheets are available from 8am-5pm the day before each meet. High School Boys and Girls will open at 8am on February 6th. Middle School Boys and Girls will open at 8am on February 7th. All PRE-WEIGH-IN sheets will close at 5pm each day. Please send Coach Burt an email or text letting him know that you plan on attending the meet and if possible the number of kids you plan on bringing each day as soon as possible.

Coaches Meeting will be held at 8:30 am in the hospitality room in the Event Center.

Lifting will begin at 9:00 am both days.

Junior High Boys Weight Classes: 105-114-123-132-145-157-168-181-198-220-HWT
High School Boys Weight Classes: 123-132-145-157-168-181-198-220-242-275-HWT
Junior High Girls Weight Divisions: 90-105-114-121-136-145-165 and HWT
High School girls Weight Classes: 108-121-136-150-165-181-198-220-HWT

Please make all checks payable to Catoosa Athletics!

Stony Burt
Head Powerlifting Coach
sburt@catoosa.k12.ok.us
(C): (580) 651-0066

2022 Catoosa Invitational

High School / Middle School Powerlifting Meet

Catoosa High School

2000 S. Cherokee Street

Catoosa, Ok 74015

School:_____

Coach:_____

Name of Lifter:_____

Weight:_____

We, the undersigned, agree not to hold the Catoosa Public Schools, administration, faculty or staff liable in the event of an accident. We further agree to abide by all rules and regulations of the invitational meet.

(Signature of Lifter)

(Signature of Parent)

(Signature of Coach)

Note:

1. Each lifter is to have this form completed and signed before Competition.
2. Each coach is to run off as many copies of the form needed.