2023 Panama Razorback Powerlifting Meet

Coach,
The Panama Razorback Powerlifting Meet will be held on February 9th and February 10th. Junior High boys and girls 7/8/9, will lift on Thursday the 9th and Varsity boys and girls will lift on the 10th. **Weigh-ins are to be done by you before the day of the meet. Have all entries in by Wednesday the 8th by 3:00. Please RSVP to ensure your team has a spot.**

Entry fees will be **$150.00 per team Varsity and $200 for junior high**.

Junior High - $200 per school.. (Thursday) Junior High - There will be a separate 7th, 8th, and 9th grade division. **Entry fees are for all grades combined. A one time payment of $200 will enter all students grades 7, 8 , 9. We are not charging one school for each grade individually but as a whole.** We will medal first through third place in each weight class in each grade and there will be a team champion for each grade. We will use high school lifters to judge the lifts. You may bring HS 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 – $150 per team. (Friday) There will be a large school and small school division. 1st – 3rd 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. Girls will lift with boys and will not have their own divisions. Bring a release form with all three qualifying signatures for each lifter. Entry Fee checks should be made out to Panama Public Schools. If mailing please mail to:

401 High School Drive
Panama, Ok.
74951

We will offer Coaches and staff a hospitality room both days.
There will be plenty of bus parking in our event center parking lot.
Please do not bring ICE CHESTS inside the gym.

Please contact Coach Chris Ford if you plan to attend so we are able to calculate our needs.

Chris Ford
chrisford@panama.k12.ok.us
(918)413-5557

2023 PANAMA Invitational

Junior High / High School Powerlifting Meet

Panama Public Schools
401 High School Drive
Panama, Ok.
74951

School: _____ Coach: _____

Name of Lifter: _____

Weight_____

We, the undersigned, agree not to hold the Panama 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 may run off as many copies of the form as needed.