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8-Man State Powerlifting Meet February 19, 2020

Coaches,

Wetumka will be hosting the 8-Man State Powerlifting Meet on Wednesday, February 19, 2020. This meet will be in the New Gym at Wetumka. All OFBCA rules will be observed at this meet. Coaches will be asked to judge. We will have 3 judges on squat and 1 judge for bench and deadlift.

Weigh in will be from 6:30 to 8:30 a.m. on the day of the meet with lifting beginning at 9:00 a.m. We will also have an early weigh in from 4:00 to 6:00pm on the day before the meet. There will be a full concession stand with breakfast and lunch items to be purchased. Please do not bring ice chests in the gym. There will also be a hospitality room for coaches.

Coaches meeting will be at 8:30 a.m. Due to limited parking buses will need to park at the football field and drivers shuttled back to the gym. Hotels are available in Wewoka (20 miles), Seminole (25 miles) and Henryetta (25 miles) for schools who are interested.

Entry fee will be \$125 for each team or \$25 per lifter. Make checks payable to Wetumka Football.

H.S weight classes: 123, 132, 145, 157, 168, 181, 198,220,242,275, hwt.

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