



## *“Home of the Mustangs”*

**Mr. Jeff Hyatt- Superintendent**

**Mr. Chris Grimm-Principal**

### *10<sup>th</sup> Annual* Mustangs Invitational Powerlifting Meets

**High School Meet- February 12<sup>th</sup>, 2020 (Wednesday)**

**Junior High Meet- February 13<sup>th</sup>, 2020 (Thursday)**

**Time:** Weigh in will be from 7:00 a.m. – 8:30 a.m. on both days. We will have a coaches meeting at 8:45 a.m. and begin lifting at 9:00 a.m. There will be a hospitality room for coaches and administrators.

**Cost:** The entry fee will be **\$125** per team (5 lifters or more) & **\$100** if 4 lifters or less.  
Please make checks payable to **ALLEN PUBLIC SCHOOLS**

**Awards:** The HS meet will be divided into 8-man (C-B) division & (A-2A) division. Each division will award 1<sup>st</sup>-5<sup>th</sup> medals, Team Champion & Runner-Up Trophies.

The JH meet will award 1<sup>st</sup>-5<sup>th</sup> medals, Team Champion & Runner-Up Trophies.

#### **Weight Classes:**

**High School-** 123, 132, 145, 157, 168, 181, 198, 220, 242, 275, HWT

**Junior High-**105, 114, 123, 132, 145, 157, 168, 181, 198, 220, HWT

**Concession:** There will be a concession stand for the lifters.

**No outside Ice Chests will be allowed in the Gym.**

**Confirmation:** *Please call, text or email us to confirm attending either or both meets! Also please let us know how many lifters you will be bringing!*

Thank you,  
Zach Sullivan  
Asst. Football Coach  
Allen High School

**Contacts:** Allen High School (580) 857-2416

Zach Sullivan/ Asst. Football Cell# (580) 320-1133 email:zsullivan@allenmustangs.org  
Rob Green/ Head Football Cell# email:rgreen@allenmustangs.org

# Allen Inv. Power Lifting Meet

Allen, Oklahoma

Feb. 12<sup>th</sup> & 13<sup>th</sup> 2020

School: \_\_\_\_\_ Coach: \_\_\_\_\_

Lifter's Name: \_\_\_\_\_

Weight Division: \_\_\_\_\_ School Classification: \_\_\_\_\_

We, the undersigned, agree not to hold Allen Public Schools and officials liable in the event of an accident. We further agree to abide by the rules and regulations established by the OFBCA.

\_\_\_\_\_  
(Signature of lifter)

\_\_\_\_\_  
(Signature of parent or guardian)

\_\_\_\_\_  
(signature of coach)

## Note:

1. Each lifter is to complete and have all three signatures on this form.
2. Each coach is to run off as many copies of this form as needed.
3. Coaches bring completed forms to the Meet Director at weigh – in

Thank you,

Zach Sullivan

Allen High School

