



Coach,

The 2024 Northwest Regional Powerlifting meet will be held at Enid HS this year, March 6th, 7th and 8th. The Junior High boys will be on Wednesday, March 6th, the Large School HS boys will be on Thursday, March 7th and the Small School HS boys will be on Friday, March 8th. Junior High is allowed 33-7th graders, 33-8th graders, and 33-9th graders for a total of 99 kids only. High School is allowed 33 lifters, all divisions are no more than 3 per weight class.

Coaches will fill out their rosters on the entry form link on www.ofbcapowerlifting.com under the regional tab in which you attend, by Monday, March 4th no later than 4:00pm. Coaches will fill out your lifters: division, name, school, opening lifts, weight class only if you know the lifter is bumping up a class and coach.

Entry fees for all divisions will be \$200.00 per team, if 5 lifters or less, it will be \$150.00. In addition to the team entry fee, there is an insurance fee of \$8.00 per lifter (this covers both regional and state). Medals will be given to the top 3 lifters for Junior High and top 5 Lifters for High School in each weight class/division. Class Champions will be awarded for high school divisions. The junior high meet will be broken up by grades, 7th graders will compete against 7th graders, 8th graders against 8th, and 9th graders against 9th. There will also be a 7th, 8th, and 9th team championship plaque. I encourage everyone to bring their junior high. A lot of kids are going to have an opportunity to medal.

A hospitality room will be available for the coaches and administration only. There will be a full concession for the lifters. **NO ICE CHESTS OR OUTSIDE FOOD WILL BE ALLOWED IN THE GYM!** Lifters should bring money for concessions. T-shirts will also be available for purchase.

Weigh-in will be from 7:00am to 8:30am for all 3 days. There will also be an early weigh-in on Tuesday evening for Junior High, Wednesday evening for Large School and Thursday evening for Small School from 5:30-6:30 pm. Coaches please let me know if you need to attend the early weigh-in on any of these 3 evenings. Lifting will begin at 9:00am all 3 days.

Please call and confirm if you plan to attend any of the 3 days. Make checks payable to **Enid Powerlifting**. If you have any questions you can email (raluetjen@enidk12.org) call or text (620-960-0444).

Rick Luetjen
Enid Plainsmen
(620) 960-0444

Enid High School
611 W Wabash
Enid, OK 73701