

Coach,

**The 2nd Annual Bethel Wildcat Powerlifting meets will be Thursday, February 4th for the Junior High, Friday, February 5th for High School.**

Entry fees all meets will be \$150.00 per boys team, and \$100 per girls team. Five or less lifters will be \$125.00. Five or less Female Lifters will be \$85.

For the high school meet, medals will be given to the top 5 lifters in each weight class/division. Team champions as well as team runner-ups will be awarded in the small and large high school divisions, as well as, girls division.

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, and a Girls Division. We will also give a 7th, 8th, and 9th team championship plaque. Medals will be given to the top 3 lifters in each weight class, and top 10 lifters in each Girls' Division weight class.

A hospitality room will be available for the coaches in our Football Facility next to the gym. There will be a full concession for the lifters. No ice chests will be allowed in the gym. Lifters should bring a couple of dollars to cover breakfast and concession costs. We will also have T-Shirts available for purchase on the Day of the Meet.

A pre Weigh-in will be REQUIRED this year due to COVID. There will be a coaches' meeting at 8:30. Lifting will begin at 9:00 a.m. on all days.

Please call and confirm if you plan to attend either the junior high or high school meet or both meets.

**Please make checks payable to Bethel Powerlifting.**

Sincerely,

Coach Joey Ginn

Any Questions, please contact me at:

(405) 623-8960 or [ginnj@bethel.k12.ok.us](mailto:ginnj@bethel.k12.ok.us)

or

Brandon Blizzard

(405) 727-0763 - [blizzardb@bethel.k12.ok.us](mailto:blizzardb@bethel.k12.ok.us)

**J.H. Weights: 105-114-123-132-145-157-168-181-198-220-HWT**

**JH Girls Weights: Lightweight Division: 136 and Below; Heavyweight Division: 150 and above**

**H.S. Weights: 123-132-145-157-168-181-198-220-242-275-HWT**

**HS Girls Weights: 108-121-136-150-181-198-220-HWT**

## **2021 Bethel Powerlifting Invitational COVID-19 Modifications**

The following guidelines will be in effect for all Bethel Powerlifting Invitationals for the 2021 season. These guidelines are for both high school and junior high. All of these items are in an effort for your student-athlete to safely compete.

- **Pre-weigh in is required** for the 2021 invitationals. Please see attached entry form. Entries **will not** be accepted after Friday, January 29th at 11:59 p.m.
- Please fill out the entry form and email to [ginnj@bethel.k12.ok.us](mailto:ginnj@bethel.k12.ok.us) Lifters who are not on the entry form will not be allowed to participate.
- There will be no weigh-in on the day of the meets.
- We are limiting the amount of total participants to 500 per day. The first schools to RSVP with their participant numbers will be accepted.
  - Schools are limited to 22 participants per division. (22-high school boys, 22-7th grade, 22-8th grade, 22-9th grade, 22-junior high girls, 22-high school girls)
  - Schools are limited to 3 coaches. Coaches will be issued wristbands at the coaches meeting before lifting begins. Only coaches will be allowed on the floor.
  - Masks will be worn at all times by lifters and coaches with the exception of when the student-athlete is lifting.
  - No spectators will be allowed in the gym.
- Equipment will be cleaned and sanitized periodically.

# WILDCAT POWER



## 2020 2nd Annual Bethel Wildcat Powerlifting Meet

Bethel Football

36000 Clearpond Rd. Shawnee, OK 74801

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

Name of Lifter: \_\_\_\_\_ Weight: \_\_\_\_\_

We, the undersigned, agree not to hold the Oklahoma Football

Coaches Association and/or Bethel Public Schools and officials liable in the event of an accident. We further agree to abide by all rules and regulations established by the O.F.B.C.A.

\_\_\_\_\_  
(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 as needed.

**2021 Bethel Wildcat Powerlifting Invitational Entry Form**  
**High School Boys**

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

	<b>Last Name, First Name</b>	<b>Division</b>	<b>Bodyweight</b>	<b>Squat</b>	<b>Bench</b>	<b>Deadlift</b>
	<i>Wildcat, Bethel</i>	<i>LG</i>	<i>156.8</i>	<i>200</i>	<i>100</i>	<i>300</i>
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**2021 Bethel Wildcat Powerlifting Invitational Entry Form**  
**High School Girls**

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

	<b>Last Name, First Name</b>	<b>Division</b>	<b>Bodyweight</b>	<b>Squat</b>	<b>Bench</b>	<b>Deadlift</b>
	<i>Wildcat, Bethel</i>	<i>Girls</i>	<i>156.8</i>	<i>200</i>	<i>100</i>	<i>300</i>
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**2021 Bethel Wildcat Powerlifting Invitational Entry Form**  
**7th Grade Boys**

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

	<b>Last Name, First Name</b>	<b>Division</b>	<b>Bodyweight</b>	<b>Squat</b>	<b>Bench</b>	<b>Deadlift</b>
	<i>Wildcat, Bethel</i>	<i>7th</i>	<i>156.8</i>	<i>200</i>	<i>100</i>	<i>300</i>
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**2021 Bethel Wildcat Powerlifting Invitational Entry Form**  
*8th Grade Boys*

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

	<b>Last Name, First Name</b>	<b>Division</b>	<b>Bodyweight</b>	<b>Squat</b>	<b>Bench</b>	<b>Deadlift</b>
	<i>Wildcat, Bethel</i>	<i>8th</i>	<i>156.8</i>	<i>200</i>	<i>100</i>	<i>300</i>
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**2021 Bethel Wildcat Powerlifting Invitational Entry Form**  
**9th Grade Boys**

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

	<b>Last Name, First Name</b>	<b>Division</b>	<b>Bodyweight</b>	<b>Squat</b>	<b>Bench</b>	<b>Deadlift</b>
	<i>Wildcat, Bethel</i>	<i>9th</i>	<i>156.8</i>	<i>200</i>	<i>100</i>	<i>300</i>
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**2021 Bethel Wildcat Powerlifting Invitational Entry Form**  
*Junior High Girls*

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

	<b>Last Name, First Name</b>	<b>Division</b>	<b>Bodyweight</b>	<b>Squat</b>	<b>Bench</b>	<b>Deadlift</b>
	<i>Wildcat, Bethel</i>	<i>HWT</i>	<i>156.8</i>	<i>200</i>	<i>100</i>	<i>300</i>
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