

Dear Coaches,

The 2022 Dibble Powerlifting meets will be Wednesday, **February 23rd** for the Junior High, Thursday, **February 24th** for the High School Small School 2A and below, and **February 25th** for High School Large School 3A and above. Boys entry fees for the meets will be \$150.00 per team. Five or less lifters will be \$125.00. Girls entry fees for the meets will be \$100.00 per team, five or less lifters will be \$85.

We will be limiting our team to 3 lifters per weight division. A pre-weigh in will be required. *Please have the Meet Entry Form filled out by Monday Feb. 21 by 3:30 PM*

Medals for the boys high school meet will be given to the top 5 lifters in each weight class. A Team Champion, as well as Team Runner-up will be awarded in the Boys High School meet. Medals for the girls high school meet will be given to the top 3 lifters in each weight class. A Team Champion will be awarded as well.

The junior high boys and girls meet is open to all classes, and will be broken up by grades, 7th graders will compete against 7th graders, 8th graders against 8th, and 9th graders against 9th. Medals will be given to the top 3 lifters in each weight class. Totals will be compiled to have a Team Trophy for each grade. A hospitality room will be available for the coaches. There will be a full concession for the lifters. "NO ICE CHESTS WILL BE ALLOWED IN THE GYM!" Lifters should bring money to cover breakfast and concession costs.

Please make checks payable to Dibble Football Booster Club.

Sincerely,

Richard Norman

Any Questions please contact me at: 405-761-5258, Email: rnorman@dibble.k12.ok.us

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

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

J.H. Girls Weights 90-105-114-121-136-145-165, HWT

H.S. Girls Weights 108-121-136-150-165-181-198-220-HWT

2022 Dibble Demons Powerlifting Meet

DIBBLE HIGH SCHOOL

PO BOX 9

DIBBLE, OK 73031

School: _____ Coach: _____

Name of Lifter: _____ Weight: _____

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

Coaches Association and/or Dibble 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.

2022 DIBBLE DEMON POWERLIFTING MEET

HS BOYS

SCHOOL: _____

COACH: _____

	Last Name, First Name Division Bodyweight Squat Bench	Deadlift
	DEMONS, DIBBLE SMALL 175.4 200 100	300
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20.			

2022 DIBBLE DEMON POWERLIFTING MEET

7TH BOYS

SCHOOL: _____ **COACH:** _____

	Last Name, First Name Division Bodyweight Squat Bench	Deadlift
	DEMONS, DIBBLE 7th 175.4 200 100	300
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**2022 DIBBLE DEMON POWERLIFTING MEET
8TH BOYS**

SCHOOL: _____ **COACH:** _____

	Last Name, First Name Division Bodyweight Squat Bench	Deadlift
	DEMONS, DIBBLE 8th 175.4 200 100	300
1.		
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**2022 DIBBLE DEMON POWERLIFTING MEET
9TH BOYS**

SCHOOL: _____

COACH: _____

	Last Name, First Name Division Bodyweight Squat Bench	Deadlift
	DEMONS, DIBBLE 9th 175.4 200 100	300
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**2022 DIBBLE DEMON POWERLIFTING MEET
HS GIRLS**

SCHOOL: _____ COACH: _____

	Last Name, First Name Division Bodyweight Squat Bench	Deadlift
	DEMONS, DIBBLE SMALL 175.4 200 100	300
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20.			

**2022 DIBBLE DEMON POWERLIFTING MEET
7TH GIRLS**

SCHOOL: _____ COACH: _____

	Last Name, First Name Division Bodyweight Squat Bench	Deadlift
	DEMONS, DIBBLE 7th 175.4 200 100	300
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**2022 DIBBLE DEMON POWERLIFTING MEET
8TH GIRLS**

SCHOOL: _____ COACH: _____

	Last Name, First Name Division Bodyweight Squat Bench	Deadlift
	DEMONS, DIBBLE 8th 175.4 200 100	300
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**2022 DIBBLE DEMON POWERLIFTING MEET
9TH GIRLS**

SCHOOL: _____ **COACH:** _____

	Last Name, First Name Division Bodyweight Squat Bench	Deadlift
	DEMONS, DIBBLE 9th 175.4 200 100	300
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