

3rd Annual Big Mac Classic Powerlifting Meet



On behalf of McAlester Public Schools, we would like to invite you and your team to the 3rd Annual Big Mac Classic Powerlifting Meet. The Junior High will lift on Thursday, February 16th and the High School on Friday, February 17th. The weight classes for both meets are those stated in the State Powerlifting rules.

- **Where:** McAlester Indoor Facility at Hook Eales Stadium
- **When:** February 16(Junior High), February 17(Varsity Boys and Girls)
- **Weigh-in:** 7:00 – 8:30 am. A sheet is on our page on ofbcapowerlifting.com for weigh-in Coaches Meeting immediately following weigh-in each day. Meet will begin at 9:00am both days.

Junior High - \$150 per school.. (Wednesday) **Junior High** - There will be a separate 7th, 8th, and 9th grade division. We will medal first through third place in each weight class in each grade and there will be a team champion for each grade. We will use high school lifters to judge the lifts. You may bring HS lifters to help judge but please explain the rules to your HS lifters and we will have rules meeting with them as well.

High School – \$150 per team. Girls will count as their own team and will also be \$150. (Thursday) There will be a large school, small school, and girls division. 1st – 3rd place medals each weight class. 1st and 2nd place team plaques will be awarded. At least one coach from each staff will judge, depending on how many teams compete, we may need your school to judge two events, but we will try to avoid that at all cost.

Bring a release form with all three qualifying signatures for each lifter.

Entry Fee checks should be made out to **McAlester Football**. If mailing please mail to:

McAlester Public Schools
attn Football
PO Box 1027
McAlester, OK 74502

- **We will have a hospitality room both days serving breakfast and lunch.**
- **Bus parking will be in the indoor facility parking lot.**
- **Full concession will be available.**
- **NO ICE CHESTS! NO FOOD OR WATER ON THE TURF.**

Please call to confirm if you are coming, so we can get a total number of teams and lifters to expect.

Forrest Mazey
918-413-5677
fmazey@mcalester.k12.ok.us

Johnny Skimbo
918-465-6587
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SCHOOL: _____ COACH: _____

NAME OF LIFTER: _____

WEIGHT DIVISION: _____

SCHOOL CLASSIFICATION: (Circle One)

Large School (6A 5A 4A 3A), Small School (2A A B C), Girl Division

We, the undersigned, agree not to hold the Oklahoma Football Coaches Association and / or host school and officials liable in the event of an accident. We further agree to abide by all rules and regulations established by the OFBCA AND OFBCA POWERLIFTING ASSOCIATION.

(Signature of Parent / Guardian)

(Signature of Lifter)

(Signature of Coach)

NOTE:

1. Each lifter is to complete and sign this form by deadline.
2. Coach may copy this form as needed.

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