



Waukomis Public Schools

209 W. Locust
Waukomis, OK

8-Man State Powerlifting Meet

Coaches,

The 2024 8-Man State Powerlifting meets will be held in the Waukomis High School Gymnasium. Junior High boys and girls will be Tuesday, February 20th and High school boys and girls will be Wednesday, February 21st. The cost for each meet will be \$200.00 for 5 or more lifters and \$150.00 for 4 or less. All OFBCA rules will be observed at this meet. Coaches will be assigned to judge. We will have 3 judges on squat and 1 judge for bench and deadlift.

Pre weigh-in will be required. You will need to go to ofbcapowerlifting.com and enter your athletes no later than 3:00 pm on February 18th. Coaches, please have the meet entry form filled out with your lifters, school, coach, opening lifts, body weight and weight class, so we can get the cards made and printed. Please weigh your kids and put them in the appropriate weight class. **REMEMBER YOU CAN ONLY HAVE THREE LIFTERS PER WEIGHT CLASS.**

We will have a coaches meeting at 8:30 a.m. shortly before the meet begins at 9:00 a.m. There will be a hospitality room provided for all coaches and administrators. There will also be a full concession stand for breakfast and lunch for lifters to eat. **Ice Chests or outside food will not be allowed in the Gym.** T-Shirts will be for sale.

Medals will be given 1st - 5th place in all weight classes in each division except 9th boys. There will be Team plaques given for the Team Champions and Runner ups in each division. 7th and 8th grades will compete together in the boys divisions. 9th grade boys will be separate and medal 1-3. Grades 7-9 will compete together in JH girls.

- Please make checks payable to **Waukomis Football**
- To enter your team: go to ofbcapowerlifting.com, click on the 2024 8-man state tab, click on the 8-man state entry form and then enter your athletes.

Please feel free to contact us about any questions or concerns at:

Rustin Donaldson- 405-683-1948

rustindonaldson@waukomis.k12.ok.us

JH Girls Weights 97-108-121-136-150-165-181-HWT

JH Boys Weights 105-114-123-132-145-157-168-181-198-220-HWT

HS Boys Weights 123-132-145-157-168-181-198-220-242-275-HWT

HS Girls Weights 108-121-136-150-165-181-198-220-HWT