



Coach,

The 1st Annual Strother Invitational Powerlifting Meet will be held Thursday, January 20th for Junior High and Friday, January 21st for High School. Entry fees for both meets will be \$135.00 per team. Five or less lifters will be \$100.00 per team. Entry for High School Girls will be \$100.00 per team. Five or less lifters will be \$85.00.

The junior high meet will be broken up by grade (7th, 8th, 9th). Medals will be awarded to the top 3 lifters in each weight class. Team awards will also be given for each grade.

The high school boys meet will have large and small school divisions. Medals will be awarded to the top 5 lifters in each weight class. Team awards will be given to the winners in each division. Medals will be awarded to the top 3 girl lifters in each class, as well as a team award.

Pre weigh-in is required

Coaches, please fill out the meet entry form on www.ofbcapowerlifting.com under the Strothers page by 3:00 pm, Tuesday Jan 18. **No more than three lifters per weight class.**

NO OUTSIDE ICE CHEST WILL BE ALLOWED IN THE GYM! We will have concession available for lifters for breakfast and lunch.

There will be a hospitality room for coaches and administrators.

Coaches meeting will begin at 8:30

Lifting will begin at 9:00 on both days.

Junior High Weight Classes: 105-114-123-132-145-157-168-181-198-220-HWT

High School Weight Classes: 123-132-145-157-168-181-198-220-242-275-HWT

HS Girls Weight Classes: 108-121-136-150-165-181-198-220-HWT

Please make checks payable to Strother Football.

Thank you,

Scott Douthit
Principal
Head Football

Please call or email to confirm your attendance to High School, Junior High, or both meets. We will take the first 20 schools to confirm. You can contact one of the following people to confirm:

Head Football: Scott Douthit (405)584-0486 s.douthit@strother.k12.ok.us

Assistant Football: Tyler Douthit (405)584-1661 t.douthit@strother.k12.ok.us