

Coach,

The 2019 Southwestern Regional Powerlifting Meet will be Friday, March 8th at the Oklahoma Street Gymnasium located at 407 West Oklahoma in Anadarko, Oklahoma. Entry fee will be \$150.00 per team. Five or less lifters will be \$125.00. **THERE IS ALSO A \$7.00 INSURANCE FEE PER LIFTER.**

The meet will have a large and a small school division. Medals will be given to the top 5 lifters in each weight class/division. These top 5 lifters will automatically qualify for the state weight meet. Team champions as well as team runner-ups and outstanding coaches will be awarded in both the small school and large school divisions. Class champions will be awarded as well as outstanding lifter awards in the squat, bench, and deadlift.

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 a couple of dollars to cover breakfast and concession costs. T-shirts will be on sale.

Weigh-in will be from 7:00 a.m. to 8:30 a.m. Lifting will begin at 9:00 a.m. on both days.

Please make checks payable to Anadarko Football.

Sincerely,

Coach Chris Paddlety

Any Questions, please contact me at:
8:00-12:00, 405-247-2486
or cell at 405-638-0195

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