

ANTLERS BEARCATS

Antlers Power Lifting Meet

Middle School – 7th, 8th, and 9th
High School – 9th – 12th

Wednesday January 29, 2020
Thursday January 30, 2020

Where: County Barn (just north of football field).

Weigh-in: 7:00-8:30 A.M.

Coaches Meeting immediately following weigh-in each day.

Meet to begin at 9:00 A.M.

Middle School- There will be a separate 7th, 8th, & 9th division. We will medal 1st-3rd in each weight class in each division. We will also give Championship and Runner-up plaques in 7th, 8th and 9th grades. We will use our high school lifters to judge the meet. If you have any High School kids that you can bring to help judge that would be greatly appreciated. Hopefully we will have enough H.S. kids to judge and jockey the M.S. meet, so that the coaches can coach!

High School- One division, we will medal 1st-5th place in each weight class, and give Championship and Runner-up plaques for the top two teams. Each school will be assigned to judge.

Cost: High School - \$150.00

Junior High - \$150.00

Make checks payable to: Antlers Public School

Weight Classes: (7th - 9th) 105, 114, 123, 132, 145, 157, 168, 181, 198, 220, SHW
(H.S.) 123, 132, 145, 157, 168, 181, 198, 220, 242, 275, SHW

A hospitality room will be available for coaches, and a full concession for lifters and spectators.

Please call to confirm you are coming so I will have an idea of how many teams/lifters we will have.

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ANTLERS BEARCATS BLUE & GOLD CLASSIC POWERLIFTING MEET

Wednesday January 29-Middle Schools (7-9)

Thursday January 30-High Schools (9-12)

School: _____

Coach: _____

Name of Lifter: _____

Weight: _____

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

(Signature of Lifter)

(Signature of Parent)

(Signature of Coach)

Coaches,

1. Copy this form as needed for all lifters.
2. Each lifter is to turn in completed form at weigh-in.
3. No one can participate without all three signatures.

Form must be completed and turned in at weigh-in.