

Coaches,

The 2019 East Junior High State Powerlifting Meet will be Thursday, March 7<sup>th</sup>.

Entry Fee will be \$75 per team per division. Five or less lifters will be \$50 per division.

The meet will be divided into grades, 7<sup>th</sup> vs 7<sup>th</sup>, 8<sup>th</sup> vs. 8<sup>th</sup>, and 9<sup>th</sup> vs. 9<sup>th</sup>. Medals will be awarded to the top 5 lifters in each weight class per grade. Team awards are not divided into school classifications.

A hospitality room will be available for coaches and administrators **ONLY** catered by Sadexo Food Services. **NO ICE CHEST OR OUTSIDE FOOD WILL BE ALLOWED IN THE GYM!** Lifters should bring money to cover breakfast and concession costs. Northeast Powerlifting T-shirts will be available for purchase \$15.00.

We will do an early weigh-in on Wednesday the 6<sup>th</sup> from 5:00 p.m. to 7 p.m. Thursday the 7<sup>th</sup> weigh-in will be from 7:00 a.m. to 8:30 a.m. **Please DO NOT bring your female athletes in the male weigh-in area unless notified.** Lifting will begin at 9:00 a.m.

The meet will be held at the Miami Civic Center 129 5<sup>th</sup> Ave. N.W. Miami, OK 74354

\*Please make checks payable to: Miami Athletics.

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

Sincerely, Miami Staff

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