

2019 OFBCA Powerlifting Northwest Regional – Bridge Creek HS

Coaches,

The 2019 Northwest Regional Powerlifting Meet will be held Friday March 8th. 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 small division. Medals will be awarded to the top 5 lifters in each weight class/division. The top 5 lifters will automatically qualify for the state weight meet. Team champions, team runner-ups, and outstanding coaches will be awarded in both small and large 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 coaches and administrators ONLY. NO ICE CHEST OR OUTSIDE FOOD WILL BE ALLOWED IN THE GYM! Lifters should bring money to cover breakfast and concession costs. Northwest Powerlifting T-shirts will be available for purchase \$15.00.

Weigh-in will be from 7:00 a.m. to 8:30 a.m. There is also an early weigh-in on Thursday night March 7th 6:00 p.m. to 7:30 p.m. Please DO NOT bring your female athletes in the male weigh-in area unless notified. Coaches please let us know if you plan on attending the early weigh-in on Thursday. Lifting will begin at 9:00 a.m.

The meet will be held at the Bridge Creek High School gym:

2209 E Sooner Rd, Blanchard, OK 73010

*Please make checks payable to: Bridge Creek Public Schools

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

Sincerely,

Bridge Creek Staff

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Bridge Creek High School (405) 387-3981