



Little Axe
Public Schools

HS Principal: Trey Kirkpatrick
405-329-1612
Athletic Director: Terry Rogers
405-579-2999

1st Annual All American Liftathon!

Coaches,

The 1st Annual All American Liftathon will be held at the FireLake Arena in Shawnee on Thursday Feb 2nd for Junior High (Grades 6-9) and Friday Feb 3rd for High School (Grades 10-12). What makes this meet special and different from every other meet is that this is the first meet where we are in full partnership with the US Military. They will be running and judging the racks so that coaches can focus on what's important; coaching their athletes! For Junior High competitors, awards will be given to the top 3 athletes in each weight class as well as the top teams. For High school competitors, awards will be given to the top 5 athletes in each weight class as well as the top teams in both the large and small school divisions.

Entry fees for all teams, male or female, at this meet will be \$150.00 per team. It will be \$125.00 per team, for teams of five or less lifters.

A hospitality room will be available for coaches. There will be a full concession stand for athletes and other vendors present selling items such as event T-shirts and more. NO ice chests will be allowed in the facilities. Lifters should bring money for concessions or items they may want to purchase from vendors.

There will be no weigh in at the meet. Coaches will provide athletes weights the day before and prior to arrival for competition. Coaches meeting will be held in the hospitality room at 8:30. Lifting will begin after the meeting and by 9:00 on both days.

Weight Classes

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

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

JH Boys Weight Classes: 105-114-123-132-145-157-168-181-198-220-HWT

JH Girls Weight Classes: 108 - 121 - 136 - 150 - 165 - 181 - HWT

Please don't hesitate to reach out with any questions and confirm your attendance to the meet for either day or both as well as a boys team, girls team, or both. Please make all checks payable to Little Axe Powerlifting. If you know of a vendor interested in setting up at the event, please have them contact Coach Musteric.

Thank you,

Meet Director

Steve Day

405-623-1303

coachday7@gmail.com

Head Powerlifting Coach

Matt Musteric

631-965-9780

matthew.musteric@littleaxeps.org

Little Axe Athletic Director

Terry Rogers

580-504-9808

terry.rogers@littleaxeps.org

Little Axe High School ♦ 2000 168th Ave NE ♦ Norman, OK 73026 ♦ 405-579-2999



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1st Annual All American Liftathon

Junior High (Grades 6 - 9): Thursday February 2nd, 2023

High School (Grades 10 - 12): Friday February 3rd, 2023

The FireLake Arena

18145 Old Rangeline Rd, Shawnee, OK, 74801

Name of Lifter: _____

Coach: _____

School & Grade: _____

Weight: _____

Cell Phone: _____

Email: _____

Are you interested in learning more about the United States Military, Military Academies, or ROTC Programs?

(Circle) Yes or No

If so, what Branch or Branches would you like to learn more about? (Circle)

All Branches Army National Guard Marines Navy Air Force/Space Force Coast Guard

We, the undersigned, agree not to hold the Little Axe Public Schools (administration, faculty or staff), the U.S. military and its service members, or the Firelake Arena and its staff liable in the event of an injury or accident. We further agree to abide by all rules, regulations, and expectations of the meet. We also understand that the media may be present at the meet and photos or videos may be shared on TV, social media, or elsewhere.

Lifter Signature: _____

Parent Signature: _____

Coach Signature: _____

NOTE:

1. Each lifter is to have this form completed and signed before competition.
2. Each coach is to run off as many copies of the form as needed.
3. Media may be present at the meet and videos or pictures may be shared on social media, TV, or elsewhere.
4. Athletes will have information provided to the military as required by law.