

Coach,

The 2023 Apache Warriors Powerlifting meets will be held Thursday Feb 9th for the Junior High and Friday Feb 10th for the High School. Entry fees for the boys meet will be \$150.00 per team. Five or less lifters will be \$125.00. The girls' meet will be \$100 per team. For 5 or less female lifters it will be \$85.

The High School boys meet will have two divisions: Large School and Small School. The Junior High girls meet will have 2 divisions. The High School girls meet will lift according to the OGPCA weight divisions.



The Junior High boys' meet will be broken up by grades; 7th graders will compete against 7th graders, 8th against 8th, and 9th against 9th. Medals will be given to the top 5 High School boy/girl lifters and top 3 Junior High boy lifters and top 5 Junior High girl lifters in each division. A High School Team Champion and Runner-up awards will be given to both the girls and boys. A Junior High Team Champion award will be given for the 7th, 8th, 9th and Girls.

A hospitality room will be available for coaches. We will have a full concession stand and no ice chest will be allowed in the gym.

**A pre weigh-in is REQUIRED.**

A meet entry form is posted with the rest of our meet information on the [OPCA](#) website Apache tab. Coaches please fill out the meet entry form by Tuesday February 7th, 2023 by 4:00 PM so we can get the cards printed and programs set up.

Coaches meeting will be held at 8:30 am.

Lifting will begin at 9:00 am on both days.

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

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

Junior High Girls Weight Divisions: Lightweight 0-136, Heavyweight 137-HWT

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

Please make all checks payable to Apache Football.

Thank you,

Coach Tanner Koons

Any questions please call 405-219-0006 or email [tkoons@apacheps.org](mailto:tkoons@apacheps.org)

# 2023 Apache Warriors

## Junior High / High School Powerlifting Meet

522 East Floyd St, Apache, OK 73006

School: \_\_\_\_\_

Coach: \_\_\_\_\_

Name of Lifter: \_\_\_\_\_

Weight \_\_\_\_\_

We, the undersigned, agree not to hold the Boone-Apache Public Schools, administration, faculty or staff liable in the event of an accident. We further agree to abide by all rules and regulations of the powerlifting meet.

\_\_\_\_\_

(Signature of Lifter)

\_\_\_\_\_

(Signature of Parent)

\_\_\_\_\_

(Signature of Coach)

### 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.