

# 2<sup>nd</sup> ANNUAL DAVE TAPP POWERLIFTING INVITATIONAL HOSTED BY CHICKASHA FOOTBALL



The Chickasha Fightin' Chick Powerlifting meets will be held on Monday, February 22<sup>nd</sup> for junior high and Tuesday, February 23<sup>rd</sup> for small high school (Class C-2A) and for large high school (3A-6A). **\*\*WE COMBINED SMALL & LARGE SCHOOL DIVISIONS BECAUSE OF INCLEMENT WEATHER ON THE ORIGINALLY SCHEDULED DATES\*\***

- Entry fees for all meets will be **\$150.00 per team**. Five or fewer lifters will be 125.00.
- Entry fees for girls teams will be **\$100.00 per team**. Four or fewer lifters will be \$80.00.

For the high school meets, medals will be given to the top 5 lifters in each weight class/division. Team champions as well as team runner-ups will be awarded in both the small and large high school divisions.

In the high school meets, **girls will compete in their own divisions at each weight class**. We will award medals for the top 3 in each weight class. If enough schools sign up girls' teams, we will also award a team champion at the end of the meet.

The junior high meet will be broken up by grades, 7th graders will compete against 7<sup>th</sup> graders, 8th graders against 8th, and 9th graders against 9th. We will also give a 7<sup>th</sup>, 8th, and 9<sup>th</sup> team championship plaque. Medals will be given to the top 3 lifters in each weight class.

A hospitality room will be available for the coaches. There will be a full concession for the lifters. No ice chests will be allowed in the gym. Lifters should bring money to cover breakfast and concession costs.

**A pre weigh-in is REQUIRED this year due to COVID and an entry form from every team is due by Friday, February 19th (See pages 4 & 5). We understand inclement weather might create some challenges for this requirement so we will be prepared for some weigh-ins the day of each meet.** Masks will be required for all spectators, participants, and coaches. There will be designated sections for each team. Please read the second page for all of our COVID modifications. There will be a coaches' meeting at 8:30 each day. Lifting will begin at 9:00 a.m. on all three days.

Please email and confirm if you plan to attend either the junior high or high school meet or both meets.

**Please make checks payable to Chickasha Football.**

Sincerely,

Coach Jerry Bray

**J.H. Weight Classes: 105-114-123-132-145-157-168-181-198-220-HWT**

**H.S. Weight Classes: 123-132-145-157-168-181-198-220-242-275-HWT**

Any Questions, please contact:

Jerry Bray: (405) 401-3975 – jbray@chickasha.k12.ok.us  
Joe Molder: (405) 651-9206 – jmolder@chickasha.k12.ok.us

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## **COVID-19 Modifications**

The following guidelines will be in effect for all Chickasha Powerlifting Invationals for the 2021 season. These guidelines are for both high school and junior high. These requirements are in place for your student-athlete to safely compete.

- ★ **Pre-weigh in is required** for all 2021 invationals. Please complete the entry form on the OFBCA-Powerlifting Website (See pages 4 & 5). Online entries **will not** be accepted after Friday, February 19th.
  - Lifters who are not on the entry form will not be allowed to participate.
  - **We understand inclement weather might create some challenges for this requirement so we will be prepared for some weigh-ins the day of each meet.**
- ★ We are limiting the number of participants. The first 25 schools to RSVP with their participants will be accepted.
  - Schools are limited to 25 participants per division. (25-high school boys, 25-high school girls, 25-7th grade, 25-8th grade, 25-9th grade)
  - Schools are limited to 3 coaches. Coaches will be issued wristbands at the coaches meeting before lifting begins. Only coaches will be allowed on the floor.
- ★ Masks will be required at all times by spectators, lifters, and coaches with the exception of when the student-athlete is lifting.
  - All lifters **MUST** be spotted by a teammate or their coach to minimize exposure risk
- ★ Designated sections will be marked for spectators and each school. Spectators and participants are required to sit in these designated areas. There will be enough room for social distancing.
- ★ Equipment will be cleaned and sanitized periodically.
- ★ Only the lifter, his/her spotter and the next lifter will be allowed on the floor at any time.
- ★ Each school will be required to judge an event. Teach your kids how to wrap. A list of judges will be provided during the coaches meeting.

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**HOSTED BY CHICKASHA FOOTBALL**



**Chickasha Football**

201 John Cowan Dr, Chickasha, OK 73018

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

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

**We, the undersigned, agree not to hold the Oklahoma Football Coaches Association and/or Chickasha Public Schools and officials liable in the event of an accident. We further agree to abide by all rules and regulations established by the O.F.B.C.A.**

\_\_\_\_\_  
(Signature of Lifter)

\_\_\_\_\_  
(Signature of Parent)

\_\_\_\_\_  
(Signature of Coach)

**NOTE:**

1. Each lifter must have this form completed and signed before the meet.
2. Each coach is to run off as many copies of the form as needed.
3. Coaches will bring all signed forms on the day of the meet.

Any Questions, please contact:

Jerry Bray: (405) 401-3975 – [jbray@chickasha.k12.ok.us](mailto:jbray@chickasha.k12.ok.us)

Joe Molder: (405) 651-9206 – [jmolder@chickasha.k12.ok.us](mailto:jmolder@chickasha.k12.ok.us)

**\*\*\* ATTENTION ALL COACHES \*\*\***

**Please read and follow the below directions for pre-weigh in!!!**

- Please complete the entry form for your school online by following the link below or using the link on the OFBCA Powerlifting Website and following the Meet Entry Form Link.

➤ [2021 Chickasha Powerlifting Invitational Entry Form](#)

➤ <https://www.ofbcapowerlifting.com/chickasha-feb.-jh-17--sm-18---lg-19.html>

**PLEASE DO NOT WRITE OVER ANY DATA ON THE GOOGLE SHEET ENTRY FORM. FIND THE NEXT OPEN ROW AND ENTER YOUR TEAM INFORMATION THERE!!!**

- You can also print and complete the entry form on the next page and email to [jmolder@chickasha.k12.ok.us](mailto:jmolder@chickasha.k12.ok.us)
- Lifters who are not on the entry form will not be allowed to participate.
- We understand inclement weather might create some challenges for this requirement so we will be prepared for some weigh-ins the day of each meet.

**■ Deadline to submit team entries online is Friday, February 19th.**

**■ COMMON QUESTIONS ON COMPLETING THE ENTRY FORM**

- **Your team order does not matter. Sorting will be completed by division, weight class, and opening lift after all entries are received.**
  - Please provide exact body weights for each lifter for tie breaker rules
  - Lifter numbers will be assigned the day of the meet and lifter cards will be printed and ready at each table.
  - Make sure your lifters are put in the weight class you want them in. Use the drop down list to determine weight classes for each division. Make sure you select the correct weight class if they are lifting in a heavier weight class.

**★ CLICK THIS LINK TO WATCH A SHORT VIDEO EXPLAINING HOW TO COMPLETE THE ENTRY FORM FOR YOUR TEAM**

■ [How To Complete The Meet Entry Form YouTube Video](#)

■ **ANY QUESTIONS PLEASE CONTACT COACH MOLDER @ 405-651-9206 OR [JMOLDER@CHICKASHA.K12.OK.US](mailto:JMOLDER@CHICKASHA.K12.OK.US)**

## 2021 Chickasha Powerlifting Invitational Entry Form

	Division	Name (Last, First)	School	Body Weight	1st Squat	1st Bench	1st Deadlift	Weight Class	Coach
ex:	Large	Rayburn, Sam	Chickasha	175.8	375	225	415	181	Molder
1									
2									
3									
4									
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