

Coach,

The 2019 24th Annual Anadarko Warrior Powerlifting meets will be Thursday, January 31st for the junior high, and Friday, February 1st for the high school.

Entry fees for both meets will be \$150.00 per team. Five or less lifters will be \$125.00.

The high school meet will have a large and a small school division. Medals will be given to the top 5 lifters in each weight class/division. Team champions as well as team runner-ups and outstanding coaches will be awarded in both the small school and high school divisions.

The junior high meet will be broken up by grades, 7th graders will compete against 7th graders, 8th graders against 8th, and 9th graders against 9th. I will also give a 7th, 8th, and 9th team championship plaque. Medals will be given to the top 3 lifters in each weight class. I encourage everyone to bring their junior high. A lot of kids are going to have an opportunity to medal.

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 a couple of dollars to cover breakfast and concession costs. T-shirts will be on sale.

Weigh-in will be from 7:00 a.m. to 8:30 a.m. for both meets. I will also have an early weigh-in on Thursday for the high school lifters. Coaches please let me know if you need to attend the early weigh-in on Thursday. Teams that need to spend the night can be housed in our locker room. Lifting will begin at 9:00 a.m. on both days. Please call and confirm if you plan to attend either the junior high or high school meet or both meets.

Please make checks payable to Anadarko Football.

Sincerely,

Coach Chris Paddlety

Any Questions, please contact me at:
8:00-11:45, 405-247-2486
or cell at 405-638-0195
or email: cpaddlety@apswarriors.com

J.H. Weights 105-114-123-132-145-157-168-181-198-220-HWT
H.S. Weights 123-132-145-157-168-181-198-220-242-275-HWT

