

Coach,

The 4th Annual Bethel Wildcat Powerlifting meets will be Thursday, February 9th, 2023 for the Junior High Boys & Girls, & Friday, February 10th, 2023 for High School (Large School & Small School) & HS Girls

This year's meet will be held at the Shawnee Heart of Oklahoma Expo Center

1700 W. Independence, Shawnee, OK 74804

Entry fees for all meets will be \$150.00 per boys team, and \$100 per girls team. Five or less lifters will be \$125.00. Five or less Female Lifters will be \$85.

For the high school meet, 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 the small and large high school divisions, as well as, girls division.

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, and a Girls Division. We will also give a 7th, 8th, and 9th 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 upstairs. 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. We will also have T-Shirts available for purchase on the Day of the Meet.

A pre Weigh-in will be REQUIRED. There will be a coaches' meeting at 8:30. Lifting will begin at 9:00 a.m. on all days.

Please fill out our Google Form if you plan to attend either the junior high or high school meet or both meets.

Meet Entry Form- Please fill out the meet entry form by Tuesday Feb. 8th by 3:30 pm so we can get the card made for the meet.

[Meet Entry Form](#)

Please make checks payable to Bethel Athletics.

Sincerely,

Coach Joey Ginn

Any Questions, please contact me at:

(405) 623-8960 or ginnj@bethel.k12.ok.us

or

Brandon Blizzard

(405) 727-0763 - blizzardb@bethel.k12.ok.us

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

JH Girls Weights: 108-121-136-150-165-181-198-220-HWT

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

WILDCAT POWER



2023 4th Annual Bethel Wildcat Powerlifting Meet

Bethel Powerlifting Meet

Located at the Heart of Oklahoma Expo Center

1700 W. Independence Shawnee, OK 74804

School: _____ Coach: _____

Name of Lifter: _____ Weight: _____

We, the undersigned, agree not to hold the Oklahoma Football

Coaches Association and/or Bethel 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 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.