

Coaches,

The 2019 Southeastern Regional Powerlifting Meet will be held Saturday March 9th. Entry fee will be \$150.00 per team. Five or less lifters will be \$125.00. **THERE IS ALSO A \$7.00 INSURANCE FEE PER LIFTER.**

The meet will have a large and small division. Medals will be awarded to the top 5 lifters in each weight class/division. The top 5 lifters will automatically qualify for the state weight meet. Team champions, team runner-ups, and outstanding coaches will be awarded in both small and large divisions. Class champions will be awarded as well as outstanding lifter awards in the squat, bench, and deadlift.

A hospitality room will be available for coaches and administrators **ONLY** catered by Sadexo Food Services. **NO ICE CHEST OR OUTSIDE FOOD WILL BE ALLOWED IN THE GYM!** Lifters should bring money to cover breakfast and concession costs. Southeast Powerlifting T-shirts will be available for purchase \$15.00.

Weigh-in will be from 7:00 a.m. to 8:30 a.m. There is also an early weigh-in on Friday night March 8th 6:00 p.m. to 7:30 p.m. **Please DO NOT bring your female athletes in the male weigh-in area unless notified.** Coaches please let us know if you plan on attending the early weigh-in on Thursday. Lifting will begin at 9:00 a.m.

The meet will be held at the Checotah High School

*Please make checks payable to: ChecotahFootball

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

Sincerely, Checotah Staff

Jimmy Whitlock-405-313-0278