



## CATOOSA INDIANS POWERLIFTING MEET



Hello Coach,

The 1<sup>st</sup> Annual Port City Powerlifting Invitationals will be held Monday, February 7<sup>th</sup> for Junior High Boys, Tuesday, February 8<sup>th</sup> for High School Boys and Wednesday, February 9<sup>th</sup> for Junior High and High School Girls. Entry Fees for the boys meets will be \$135.00 per team or \$100.00 for five or less lifters.

The girls meet will be \$100.00 per team or \$85.00 for 5 or less female lifters.

The High School Boys meet will have two divisions: large school and small school. The Junior High Girls meet will have 5 weight 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: 7<sup>th</sup> graders will compete against 7<sup>th</sup> graders, 8<sup>th</sup> graders against 8<sup>th</sup> graders, and 9<sup>th</sup> graders against 9<sup>th</sup> graders. Medals will be given to the top 5 high school lifters and top 3 junior high male lifters and top 5 junior high female lifters for each class in each division. A team award will be given to both the girls and boys teams in the high school division. In the junior high, team trophies will be given in the junior high to the 7<sup>th</sup> grade boys, 8<sup>th</sup> grade boys, 9<sup>th</sup> grade boys, and Junior High Girls.

We will have a Coaches Hospitality room along with a full concession stand with breakfast and lunch. **There will be a Meet entry form on my meet at <https://www.ofbcapowerlifting.com/>** Please fill out and put opening weights for the appropriate divisions by Saturday February 5<sup>th</sup> so we can get the cards printed.

Coaches Meeting will be held at 8:30 am in the hospitality room in the Event Center.

Lifting will begin at 9:00 am on all three 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: 90-105-114-121-136-145-165 and Above**  
**High School girls Weight Classes: 108-121-136-150-165-181-198-220-HWT**

Please make all checks payable to Catoosa Athletics!

Stony Burt  
Head Powerlifting Coach  
[sburt@catoosa.k12.ok.us](mailto:sburt@catoosa.k12.ok.us)  
( C ): (580) 651-0066

2022 Catoosa Invitational

Junior High / High School Powerlifting Meet

Catoosa High School

2000 S. Cherokee Street

Catoosa, Ok 74015

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

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

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

Weight: \_\_\_\_\_

We, the undersigned, agree not to hold the Catoosa 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 invitational 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 needed.