

Broken Bow Football
108 West 5th St
Broken Bow, Ok. 74728
405-584-3306
gring@bbisd.org

Coach,

The 1st Annual Savage Powerlifting Invitational will be held Thursday, January 31st for high school athletes. Entry fees for the meet will be \$125.00 per team. Five or less lifters will be \$100.00. The meet will start at 9:00am, warmup is from 8:00am- 8:45am. There will be a coaches meeting at 8:45am. The meet will be held at the Basketball Gym on Rector Johnson Drive, which is located right by the High School.

The high school meet will have 1 division. All football players 9th through 12th grades are eligible to compete. Medals will be given to the top 5 lifters in each weight class. There is only 3 lifters per schools in each weight class. If you bring a JV team the cost will be an additional \$125.

A hospitality room will be available for coaches only in the gym. NO OUSIDE FOOD OR DRINKS WILL BE ALLOWED OR ICE CHESTS WILL BE ALLOWED IN THE GYM! We will have breakfast available so lifters should have money to cover breakfast and concession costs.

THERE WILL BE NO WEIGH- INS BEFORE THE MEET. You will need to send your list of lifters in each weight division that they are lifting in and opening lifts. (IF A LIFTER IS CAUGHT BEING OVER WEIGHT IT WILL RESULT IN A DISQUALIFICATION FROM THE MEET) This information will need to be sent in by no later than January 30th 2019.

We will have a 25 school limit, so the first 25 schools to call and confirm will be entered. To call and confirm your attendance at the high school meet, please contact one of the following:

Head Football Coach: Glennis Ring 405-642-3612 or Colby Shamley 405-238-0703

The email you can send your information to is cshamley@bbisd.org or gring@bbisd.org

Broken Bow Public Schools is not liable for any injuries or accidents.

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

Please make all checks payable to Broken Bow Football.

Thank you,

Glennis Ring
Head Football Coach