

Coaches,

The 2021 Annual Snyder Cyclone Powerlifting meets will be Tuesday January 19th for the JH and Wednesday January 20th for HS.

Entry fees for both meets will be \$150.00 per team. Five or less lifters will be \$100.00.

There will only be one division and a maximum of 20 team . Medals will be given to the top 5 lifters in each weight class. Team champion as well as team runner-up will be awarded in the high school division.

The junior high meet will be broken up by grades, 7th, 8th & 9th. Additionally, there will be a 20 team maximum. Medals will be given to the top 3 lifters in each weight class. I encourage everyone to bring their junior high teams. A lot of lifters will have an opportunity to medal.

A hospitality room will be available for the coaches. There will be a full concession available for the lifters to purchase both breakfast and lunch. NO ICE CHESTS WILL BE ALLOWED IN THE GYM! 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 Tuesday for the high school lifters. Coaches please let me know if you need to attend the early weigh-in on Tuesday. Lifting will begin at 9:00 a.m. on both days. Please call and confirm if you plan to attend either the junior high, high school or both meets.

***Please make checks payable to Snyder Football.

Sincerely,

Joe Garrison

Coach Joe Garrison

Any questions please contact me at: (cell) 580-301-3345 / jgarrison@snyder.k12.ok.us

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