

Coaches,

The 2020 Southeastern Regional Powerlifting Meet will be held Small School and Large School will be held on Friday March 6th at Broken Bow High School. **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.**

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. 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 Thursday night March 5th 6:00-7:30pm. 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 Wednesday & Thursday.

Lifting will begin at 9:00 a.m. The meet will be held at the Broken Bow High School *Please make checks payable to: **Broken Bow Football**

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

Sincerely,

Broken Bow Staff

Glennis Ring

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