

Coach,

The 2023 Northwest Regional Powerlifting meets will be Junior High Thursday March 2nd, Large School and Small School Friday, March 3rd for the high school. Junior High is allowed 33-7 th graders, 33-8 th graders, and 33-9 th graders for a total of 99 kids only. High School is allowed 33 lifters, no more than three per weight class.

Coaches will fill out their rosters on the entry form link on [www.ofbcapowerlifting.com](http://www.ofbcapowerlifting.com) under the regional tab in which you attend by Monday February 27th by 4:00pm. Coaches fill out the Lifters: Div., Name, School, Opening Lifts, Wt Class only if you know the lifter is bumping up a class, and Coach.

Entry fees for both meets will be \$200.00 per team. Five or less lifters will be \$150.00 Plus a \$8.00 per lifter fee for Insurance Medals will be given to the top 3 lifters for Junior High and top 5 Lifters for High School in each weight class/division. Class Champions will be awarded for high school divisions. The junior high meet will be broken up by grades, 7th graders will compete against 7th graders, 8th graders against 8th, and 9th graders against 9th. I will also give a 7th, 8th , and 9th team championship plaque. I encourage everyone to bring their junior high. A lot of kids are going to have an opportunity to medal.

A hospitality room will be available for the coaches. There will be a full concession for the lifters. NO ICE CHESTS OR OUTSIDE FOOD WILL BE ALLOWED IN THE GYM! Lifters should bring enough money to cover breakfast and concession costs. T-shirts will be on sale.

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 Wednesday for Large School and Small School on Thursday from 5:30-7:30 pm. Coaches please let me know if you need to attend the early weigh-in on Thursday. Teams that need to spend the night can be housed in our locker room. Lifting will begin at 9:00 a.m. on all days.

Please call and confirm if you plan to attend either the junior high or high school meet or both meets. Please make checks payable to Woodward Football.

Sincerely, Head Coach Rick Luetjen

Any Questions, please contact me at: cell at 620-960-0444 or email: [riluetjen@woodwardps.net](mailto:riluetjen@woodwardps.net)

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