



Earnie Ragland
Powerlifting Coach

300 East Ferry Road
Muskogee, OK 74403

(918) 683-3253
oragland@hilldaleps.org

Hilldale Power Lifting Meet

Junior High – 7th, 8th, and 9th
High School – 9th – 12th

Thursday January 20, 2022
Friday January 21, 2022

Where: Hilldale Event Center

Weigh-in: 7:00 – 8:30 am

Coaches Meeting immediately following weigh-in each day.

Meet will begin at 9:00am both days.

Cost: High School - \$150 per team (Friday) \$100 for 5 or fewer lifters
Junior High - \$100 per grade entered with a max of \$300 for all three grades.
(Thursday) \$80 for 5 or fewer lifters per grade

A pre weigh-in is REQUIRED. COACHES PLEASE WEIGHT YOUR ATHLETES AND FILL OUT THE MEET ENTRY FOR AT WWW.OFBCAPOWTERLIFTING.COM UNDER JANUARY MEETS FOR PLAINVIEW, REMEMBER YOU CAN HAVE NO MORE THAN THREE PER WEIGHT CLASS WITH THEIR OPENING LIFTS. NO LATER THAN JANUARY 18th AT 3:00PM SO WE CAN GET THE CARDS PRINTED.

Junior High - There will be a separate 7th, 8th, and 9th grade division. Please email a separate roster for each division entered.

We will medal first through third place in each weight class in each grade.

First and second place team plaques will be given for each grade. An outstanding lifter plaque will be awarded for each grade.

We will use high school lifters to judge the lifts. This will allow coaches to move around and coach their team.

High School – There will be a large school and small school division. 1st – 3rd place medals each weight class. 1st and 2nd place team plaques and an outstanding lifter for each division.

Bring a wavier form with all three qualifying signatures for each lifter.

Entry Fee checks should be made out to Hilldale Public Schools.

Bus parking will be behind the event center by softball field.

Full concession will be available.

NO ICE CHESTS!

Please call to confirm if you are coming, so we can get a total on teams/lifters.

***WE WILL HAVE A 30 SCHOOL LIMIT, SO THE FIRST 30 SCHOOLS TO CALL AND CONFIRM WILL BE ENTERED.**

Earnie Ragland 918-869-2123 cell oragland@hilledaleps.org
