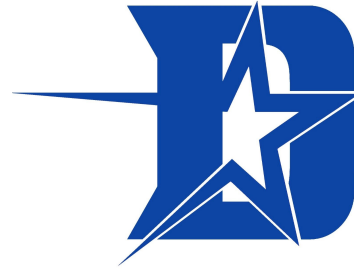


Dickson Football
4762 State Hwy 199
Ardmore, OK 73401
Tel 580-223-9557
sday@dickson.k12.ok.us
@DicksonHS_FTBL



Coach,

The 3rd Annual Dickson Powerlifting Invationals will be held Thursday, January 23th for junior high and Friday, January 24th for high school. Entry fees for both meets will be \$135.00 per team. Five or less lifters will be \$100.00. The girls division will be \$100 dollars per team. For 5 or less female lifters will be \$85.

The high school meet will have 3 divisions: girls, large school and small school. Medals will be given to the top 5 male lifters in each weight class and the top 3 female lifters in each of their classes.

The junior high meet will be broken up by grades; 7th graders will compete against 7th graders, 8th against 8th, and 9th against 9th. We will also award a 7th, 8th, and 9th grade team championship. Medals will be given to the top 3 lifters in each weight class.

A hospitality room will be available for coaches in the fieldhouse. NO ICE CHESTS WILL BE ALLOWED IN THE GYM! We will have breakfast available so lifters should have money to cover breakfast and concession costs. T-Shirts will also be for sale.

Weigh-in will be from 6:30 to 8:30 am for both meets. Lifting will begin at 9:00 am on both days. We will also have an early weigh-in on Thursday for the high school lifters. Please let us know if you need to attend the early weigh-in on Thursday.

Junior High Weight Classes: 105-114-123-132-145-157-168-181-198-220-HWT

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

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

Please make all checks payable to Dickson Football.

Thank you,

A handwritten signature in black ink, appearing to read 'S Day'.

Steve Day
Head Football Coach

To call and confirm your attendance at either the junior high, high school, or both meets, please contact one of the following:

Meet Director: Warren Butler 580-465-3787
Head Football Coach: Steve Day 405-623-1303