



January 3, 2023

To: Head Football Coach/ Athletic Director

We would like to invite you, and your team to the 10th Annual Eagles HS/JH Invitational Power Lifting Meet, HS Girls Wednesday, February 22nd, JH on Thursday, February 23rd, and HS on Friday, February 25th. The cost will be \$150.00 a team, \$100.00 for 5 or less. **Please call and confirm if you plan to attend and we will get the rest of the information to you ASAP.**

We will accept the first 20 HS to confirm. The High School divisions will include schools 4A and down. 9th- 12th grade, with weight classes 123-132-145-157-168-181-198-220-242-275-SHWT. HS Girls weight classes will be 108-121-136-150-165-181-198-220-HWT. Team trophies and top three individual placers medals will be awarded for each weight class. **Note: If HS Basketball teams hosts a home Regional Tournament on Friday 24th the HS Powerlifting Meet will be moved to Tuesday, February 21st.**

We will accept the first 20 JH Schools to confirm. The JH meet will be divided by grade only 7th, 8th, and 9th divisions. The weight classes will be 105-114-123-132-145-157-168-181-198-220-SHWT. Team trophies will be given for each division. Individual medals will be awarded to the top three lifters in each weight class by grade.

Weigh-in will begin at 7:00 a.m. and end at 8:30 a.m., with a coaches meeting at 8:45 a.m. Participants will start lifting at 9:00 a.m. There will be a Hospitality Room for all coaches and administrators.

A full concession stand will be available for the lifters to eat. ABSOLUTELY NO ICE CHESTS WILL BE ALLOWED IN THE GYM!

Please make checks payable to AFTON HS ATHLETICS.

Thank you,

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