

The 2020 Semper Fidelis Bridge Creek Invitational

Coach,
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The 3rd Annual Bridge Creek Bobcats Powerlifting meets will be Wednesday, February 12th for junior high, Thursday, February 13th for small high school (Class C-2A), and Friday, February 14th for the large high school (3A-6A).

Entry fees all meets will be **\$150.00 per team**. Five or fewer lifters will be \$125.00.

Entry fees for girls teams - **\$100.00 per team**. Four or fewer lifters will be \$80.00.

For the high school meet, medals will be given to the top 5 lifters in each weight class/division. Team champions as well as team runner-ups will be awarded in both the small and large high school divisions.

In high school meets, **girls will compete in their own divisions at each weight class**. We will award medals for the top 3 in each weight class. If enough schools sign up girls' teams, we will also award a team champion at the end of the meet.

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. Medals will be given to the top 3 lifters in each weight class.

A hospitality room will be available for the coaches. There will be a full concession for the lifters. No ice chests will be allowed in the gym. Lifters should bring a couple of dollars to cover breakfast and concession costs.

Weigh-in will be from 7:00 a.m. to 8:30 a.m. for all meets. I will also have an early weigh-in on Wednesday for the small high school lifters and Thursday for the large high school lifters. Coaches please let me know if you need to attend the early weigh-in. **There will be a coaches' meeting at 8:30. 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 Bridge Creek
Football.**

Sincerel

y,

Coach Scott

O'Hara

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

Any Questions, please
contact:

Scott O'hara: (405) 589-1955 -
sohara@bridgecreek.k12.ok.us

Robby Carriger: (815) 791-1947 –
rcarriger@bridgecreek.k12.ok.us

**The 2020 Semper Fidelis Bridge Creek
Invitational 2020 3rd Annual Bridge Creek Bobcats
Powerlifting Meet**

Bridge Creek
Football

2209 E Sooner Rd, Blanchard, OK
73010

School: _____ **Coach:** _____

Name of Lifter: _____ **Weight:** _____

Lifter Email (For contact by Marines): _____

**We, the undersigned, agree not to hold the Oklahoma
Football**

**Coaches Association and/or Bridge Creek Public Schools and officials liable in
the event of an accident. We further agree to abide by all rules and regulations
established by the O.F.B.C.A.**

(Signature of Lifter) (Signature of Parent)

(Signature of
Coach)

**NOT
E:**

1. Each lifter is to have this form completed and signed before competition.

2. Each coach is to run off as many copies of the form as needed.

Any Questions, please
contact:

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