

Coaches and Athletic Directors,

The 2021 Northeastern Regional High School Powerlifting Meet will be held on Thursday, March 4th and Friday March 5th at the Miami Civic Center. *(Large Schools 3A-6A will lift Thursday and Small Schools C-2A will lift on Friday)*

Entry Fee: \$200 per team

\$150 for teams of 5 or less

Insurance Fee: \$8 per lifter added to the fee. EX: Team of 7 lifters = \$256

*Medals will be awarded to the top 5 lifters in each weight class/division. The top 5 lifters will automatically qualify for the state meet and the next 5 best lifts per weight class making the total number of state qualified lifters 25. We will ONLY award Team champions for each class. Medals will be given out to each respective coach and NO GROUP photos will be taken inside the building due to COVID precautionary measures.

NO SPECTATORS WILL BE ALLOWED at the NE Regional meet in Miami due to city restrictions. Each State Qualifier will be awarded 3 tickets for the state meet in EL Reno for parent/spectator use.

A hospitality room will be available for coaches and administrators ONLY.

NO ICE CHESTS OR OUTSIDE FOOD WILL BE ALLOWED IN THE GYM.

Lifters should bring money to cover breakfast and concession costs.

Northeast Regional T-shirts will be available for \$15.

Weigh-in: 7:00 a.m. - 8:15 a.m. the day of the meet

Early weigh-in: 5:30 p.m. - 7:30 p.m. the night before the meet

We will have a separate area to weigh-in for female athletes. **DO NOT** bring them to the male weigh-in area.

****Rosters Due:** Monday March 1st by 4:00 p.m. or your school **Will Not** be allowed to participate!

Start Time: 9:00 a.m.

Meet Location: Miami Civic Center
129 5th Ave NW
Miami, OK 74354

Checks Payable to: MIAMI ATHLETICS.

Roster Change: due to COVID, now 22 lifters per school, instead of 33. No more than 2 lifters per weight class per school.

HS Weight Classes: 123-132-145-157-168-181-198-220-242-275-SHWT

We look forward to seeing everyone!

Sincerely,
Miami Staff

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