

Dear Coaches,

The 2023 Dibble Powerlifting meets will be Wednesday, **January 25th** for the Junior High, Thursday, **January 26th** for the High School Small School 2A and below, and **January 27th** for High School Large School 3A and above. Boys entry fees for the meets will be \$150.00 per team. Five or less lifters will be \$125.00. Girls entry fees for the meets will be \$100.00 per team, five or less lifters will be \$85.

**We will be limiting our team to 3 lifters per weight division. A pre-weigh in will be required.**

Medals for the boys high school meet will be given to the top 5 lifters in each weight class. A Team Champion, as well as Team Runner-up will be awarded in the Boys High School meet. Medals for the girls high school meet will be given to the top 3 lifters in each weight class. A Team Champion will be awarded as well.

The junior high boys and girls meet is open to all classes, and will be broken up by grades, 7th graders will compete against 7th graders, 8th graders against 8th, and 9th graders against 9th. Medals will be given to the top 3 lifters in each weight class. Totals will be compiled to have a Team Trophy for each grade.

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 money to cover breakfast and concession costs.

Coaches Meeting at 8:30 am, Lifting will begin at 9:00 am

Please make checks payable to **Dibble Football Booster Club**.

Sincerely,

Richard Norman

Any Questions please contact me at: 405-761-5258, Email: rnorman@dibble.k12.ok.us

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

J.H. Girls Weights 90-105-114-121-136-145-165, HWT

H.S. Girls Weights 108-121-136-150-165-181-198-220-HWT

## 2023 Dibble Demons Powerlifting Meet

DIBBLE HIGH SCHOOL

PO BOX 9

DIBBLE, OK 73031

School: \_\_\_\_\_ Coach: \_\_\_\_\_

Name of Lifter: \_\_\_\_\_ Weight: \_\_\_\_\_

We, the undersigned, agree not to hold the Oklahoma Powerlifting Coaches Association and/or Dibble 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.P.C.A

\_\_\_\_\_  
(Signature of Lifter) (Signature of Parent)

\_\_\_\_\_  
(Signature of Coach)

NOTE:

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.