

Dear Coaches,

The 2021 Dibble Powerlifting meets will be Wednesday, **February 24th** for the Junior High, Thursday, **February 25th** for the High School Small School 2A and below, and **February 26th** for High School Large School 3A and above. Entry fees for the meets will be \$150.00 per team. Five or less lifters will be \$125.00.

We will be limiting our teams this year. We will allow **8 JH** teams with a max of 15 students per grade. For the HS we will allow **15** teams per day with a max of 20 students with no more than 2 lifters per weight division. **A pre-weigh in will be required.** Please **RSVP** to obtain your spot in the meets. Entry forms must be submitted by **February 17th.** Face masks must be worn at all times by lifters and coaches except during the lift.

Medals for the high school meets 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 High School meet.

The junior high 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.

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

2021 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 Football 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.F.B.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.

2021 DIBBLE DEMON POWERLIFTING MEET

HS BOYS

SCHOOL:_____ **COACH:**_____

	Last Name, First Name	Division	Bodyweight	Squat	Bench	Deadlift
	DEMONS, DIBBLE	SMALL	175.4	200	100	300
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
13.						
14.						
15.						
16.						
17.						
18.						

19.						
20.						

2021 DIBBLE DEMON POWERLIFTING MEET

7TH BOYS

SCHOOL:_____ **COACH:**_____

	Last Name, First Name	Division	Bodyweight	Squat	Bench	Deadlift
	DEMONS, DIBBLE	7th	175.4	200	100	300
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
13.						
14.						
15.						

2021 DIBBLE DEMON POWERLIFTING MEET

8TH BOYS

SCHOOL:_____ **COACH:**_____

	Last Name, First Name	Division	Bodyweight	Squat	Bench	Deadlift
	DEMONS, DIBBLE	8th	175.4	200	100	300
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
13.						
14.						
15.						

2021 DIBBLE DEMON POWERLIFTING MEET

9TH BOYS

SCHOOL:_____ **COACH:**_____

	Last Name, First Name	Division	Bodyweight	Squat	Bench	Deadlift
	DEMONS, DIBBLE	9th	175.4	200	100	300
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
13.						
14.						
15.						