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# SNYDER PUBLIC SCHOOLS

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218 N Hwy 183, P.O. Box 368  
Snyder, Ok 73566

**TRAVIS GATES, Superintendent**  
RYAN GRANGER, High School Principal  
Natika Peterson, Elementary/Primary Principal

Administration (580) 569-2773  
High School (580) 569-2730  
Elementary (580) 569-2691  
Primary (580) 569-2010

## 8-Man State Powerlifting Meet

Coaches,

The 2022 8-Man State Powerlifting meet will be Wednesday February 16<sup>th</sup> at the Snyder High School gym. The cost will be \$150.00 for 5 or more lifters and \$125.00 for 4 or less. All OFBCA rules will be observed at this meet. Coaches will be asked to judge. We will have 3 judges on squat and 1 judge for bench and deadlift.

Pre weigh in will be required. You will need to go to [ofbcapowerlifting.com](http://ofbcapowerlifting.com) and enter your athletes **no later than 4:00pm on February 15<sup>th</sup>**. **Coaches please have the Meet entry form filled out with your lifters, School, coach, opening lifts, body weight and weight class lifting in by Sunday February 13 by 5:00 pm so we can get the Cards made and printed. Please weigh your kids and put them in the appropriate weight class. REMEMBER YOU CAN ONLY HAVE THREE LIFTERS PER WEIGHT CLASS.** We will have a coaches meeting at 8:30 a.m. shortly before the meet begins at 9:00 a.m. There will be a hospitality room provided for all coaches and administrators.

There will also be a full concession stand for the lifters to eat. **ICE CHESTS WILL NOT BE ALLOWED IN THE GYM.** We are planning to serve breakfast as well.

We will be allowing spectators. Masks are optional, please socially distance and sit in family groups. Please feel free to contact me about any questions or concerns that you might have at: (cell) 580-301-3345 (office) 580-569-2691 or [jgarrison@snyder.k12.ok.us](mailto:jgarrison@snyder.k12.ok.us).

\*Please make checks payable to Snyder Football.

\*\*\*To enter your team: go to [ofcapowerlifting.com](http://ofcapowerlifting.com), click on the 2022 8 man state tab, click the 2022 8 man state entry form and then enter your athletes

Sincerely,

*Joe Garrison*

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Coach Joe Garrison