



Eric Stout
Powerlifting Coach

300 East Ferry Road
Muskogee, OK 74403

(918) 683-3253
estout@hilldaleps.org

Hilldale Power Lifting Meet

**Junior High – 7th, 8th, and 9th
High School – 9th – 12th**

**Thursday January 24
Friday January 25**

Where: Hilldale Event Center

Weigh-in: 7:00 – 8:30 am

Coaches Meeting immediately following weigh-in each day.

Meet will begin at 9:00am both days.

**Cost: High School - \$150 per team (Friday)
 Junior High - \$75 per grade entered with a max of \$150 for all three grades.
 (Thursday)**

Junior High - There will be a separate 7th, 8th, and 9th grade division. Please email a separate roster for each division entered.

We will medal first through third place in each weight class in each grade.

First and second place team plaques will be given for each grade. An outstanding lifter plaque will be awarded for each grade.

We will use high school lifters to judge the lifts. This will allow coaches to move around and coach their team.

High School – There will be a large school and small school division. 1st – 3rd place medals each weight class. 1st and 2nd place team plaques and an outstanding lifter for each division.

Bring a wavier form with all three qualifying signatures for each lifter.

Entry Fee checks should be made out to Hilldale Public Schools.

Bus parking will be behind the event center by softball field.

Full concession will be available.

NO ICE CHESTS!

Please call to confirm if you are coming, so we can get a total on teams/lifters.

***WE WILL HAVE A 30 SCHOOL LIMIT, SO THE FIRST 30 SCHOOLS TO CALL AND CONFIRM WILL BE ENTERED.**

Eric Stout

918-782-7324 cell