

Coach,

The Snyder Powerlifting Invitational will be held **Tuesday Jan 23** for **junior high**. Entry fees for the JH meet will be \$150.00 per team. Five or less lifters will be \$100.00. The girls teams will be \$100 per team, 5 or less female lifters it will be \$85. The junior high boys' meet will be broken up by grades; 7th graders will compete against 7th graders, 8th against 8th, and 9th against 9th. Medals will be given to the top 3 junior high boy lifters. The junior high girls will have 7 weight divisions and medals will be rewarded to the top 5 girl lifters for each weight class.

Weight classes will be: Junior High Boys Weight Classes:

105-114-123-132-145-157-168-181-198-220-HWT Junior High Girls Weight Classes:

108-121-136-150-165-181-HWT

The **High School** meet will be **Wednesday Jan 24th**. Entry fees for this meet will be \$150.00 per team, five or less lifters will be \$100.00. The girls teams will be \$100 per team, 5 or less female lifters it will be \$85. The high school boys meet will have one division. The high school girls will lift according to the OGPCA weight divisions. Weight classes will be: High School Boys Weight Classes: 123-132-145-157-168-181-198-220-242-275-HWT High School Girls Weight Classes: 108-121-136-150-165-181-198-220-HWT

A hospitality room will be available for coaches. We will have a full concession stand with breakfast and lunch. Coaches meeting will be held at 8:30 am both days and lifting will begin at 9:00 am on both days. A pre weigh-in is REQUIRED. The link to the pre weigh-in is here. The pre weight-in sheet will be available from 8am-5pm the day before the meet. Junior high and high school pre weigh-in link will open at 8am on Jan 17.

Please make all checks payable to Snyder Football.

Thank you,

Darren Lamar: 580-660-5154

Email: [dlamar@snyder.k12.ok.us](mailto:dlamar@snyder.k12.ok.us)

Head Powerlifting Coach 2024

Cyclone Powerlifting Meet

Junior High / High School Powerlifting Meet

James G. Blaine Fieldhouse 921 C St. Snyder, OK 73566

School: \_\_\_\_\_ Coach: \_\_\_\_\_ Name of

Lifter: \_\_\_\_\_ Weight \_\_\_\_\_ We, the

undersigned, agree not to hold the Snyder Public Schools, administration, faculty or staff liable in the event of an accident. We further agree to abide by all rules and regulations of the meet.

\_\_\_\_\_ (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