

# Wetumka Public Schools

416 S Tiger Wetumka, OK

## 8-Man Powerlifting Meet

Coaches,

The 2023 8-Man State Powerlifting meets will be Jr High boys and girls Tuesday February 14<sup>th</sup>, and High school boys and girls will be Wednesday February 15<sup>th</sup>. The cost will be \$200.00 for 5 or more lifters and \$150.00 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 13th. Coaches please have the Meet entry form filled out with your lifters, School, coach, opening lifts, body weight and weight class lifting in, 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 lifters to eat. **Ice Chests will not be allowed in the Gym**

Medals will be given 1<sup>st</sup>- 5<sup>th</sup> place in all weight classes in each division. There will be Team plaques given for the Team Champions and Runner ups in each division. This year 7<sup>th</sup> and 8<sup>th</sup> grade will compete together in the boys and girls divisions.

- Please makes Checks payable to Wetumka Football
- To enter your team: go to [ofbcapowerlifting.com](http://ofbcapowerlifting.com), click on the 2023 8-man state tab, click on the 8-man state entry form and then enter your athletes.

Please feel free to contact us about any questions or concerns at

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