

# 2024 State Powerlifting Meet

*in El Reno, OK*

*March 14th, 15th & 16th, 2024*

I hope this letter finds everyone across our state doing well. This year we are having the 2024 State Powerlifting Meet in El Reno, OK at Jenks Simmons Gym and Jenks Annex Gym again like we have over the last 5 years. We are having the Junior High (7th - 9th Grades) State Meet on Thursday March 14th, 2024 . (Coaches will Judge this Meet if you qualify kids for the meet!) The Large School (3A-6A) State Meet will be on Friday March 15th, 2024 and the Small School (2A-C) State Meet will be held on Saturday March 16th, 2024. (We will have State Judges like always for the High School Meets!) All State qualifiers will be posted on the Oklahoma Powerlifting Coaches Association website.

## *Start Times for each day of the State Powerlifting Meet*

### **1. Thursday March 14th, 2024 - 9:00 a.m.**

- a. *Wednesday Night Weigh In is from 5:00 p.m. to 8:00 p.m.*
- b. *Thursday Morning Weigh In is from 6:00 a.m. to 8:00 a.m.*

### **2. Friday March 15th, 2024 - 10:00 a.m.**

- a. *Thursday Night Weigh In is from 5:00 p.m. to 8:00 p.m.*
- b. *Friday Morning Weigh In is from 7:00 a.m. to 9:00 a.m.*

### **3. Saturday March 16th, 2024 - 9:00 a.m.**

- a. *Friday Night Weigh In is from 5:00 p.m. to 8:00 p.m.*
- b. *Saturday Morning Weight In is from 7:00 a.m. to 9:00 a.m.*

The entry fee for the state meet for all teams will be **\$150.00** for 1 to 4 lifters and **\$200.00** for 5 or more lifters who qualify.

We will still have concession stands and **NO FOOD, DRINKS or COOLERS** will be allowed into the facilities for any reason at all. We will have breakfast available for the lifters in the concession stand.

Last but not least , please feel free to contact myself, Coach Cook or Coach Pruitt with any questions or concerns that you might have with anything at all.

**PLEASE MAKE CHECKS PAYABLE TO: EL RENO QUARTERBACK CLUB**

- We can and will provide you or your school with a **W-9** form if you need one!
- I will place a W-9 from the El Reno Quarterback Club on the OPCA Website!

Sincerely,

***Chuck Atchison***

State Powerlifting Meet Director

El Reno Indians

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El Reno Indians Head Football Coach  
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El Reno Head Powerlifting Coach  
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\*The Regional and State Powerlifting Meets are Governed by the **OPCA!**

## **2023-2024 Oklahoma Powerlifting Coaches Association Board Members**

### **Executive Board**

President / Treasurer - Chuck Atchison (El Reno)  
Vice-President - Kelly Beeby (Guthrie)  
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