

Coaches,

The 2019 Annual Snyder Cyclone Powerlifting meets will be Tuesday, January 22, for the junior high, and Wednesday, January 23 for the high school.

Entry fees for both meets will be \$125.00 per team. Five or less lifters will be \$100.00.

The high school meet will have two divisions (Large & Small). Medals will be given to the top 5 lifters in each weight class/division. Team champions as well as team runner-ups will be awarded in high school divisions.

The junior high meet will be broken up by grades, 7th, 8th & 9th. I will also give a 7th, 8th and 9th grade team championship plaque. Medals will be given to the top 3 lifters in each weight class. I encourage everyone to bring their junior high teams. A lot of lifters will have an opportunity to medal.

A hospitality room will be available for the coaches. There will be a full concession available for the lifters to purchase both breakfast and lunch. NO ICE CHESTS WILL BE ALLOWED IN THE GYM! Weigh-in will be from 7:00 a.m. to 8:30 a.m. for both meets. I will also have an early weigh-in on Tuesday for the high school lifters. Coaches please let me know if you need to attend the early weigh-in on Tuesday. Teams that need to spend the night can be housed in our locker room. Lifting will begin at 9:00 a.m. on both days. **Please call and confirm if you plan to attend either the junior high, high school or both meets.**

***Please make checks payable to Snyder Football.

Sincerely,

Joe Garrison

Coach Joe Garrison

Any questions please contact me at: (cell) 580-301-3345 / jgarrison@snyder.k12.ok.us

J.H. Weights 105-114- 123-132-145-157-168-181-198-220-HWT

H.S Weights 123-132-145-157-168-181-198-220-242-275-HWT