

## 2022 Annual Anadarko Powerlifting Meet

Coach,

The 2022 25th Annual Anadarko Warrior Powerlifting meets will be Thursday, Feb. 10th for the Junior High, and Friday, Feb. 11th for High School.

Entry fees for both meets will be \$150.00 per team. Five or less lifters will be \$125.00.

The HS meet will have a large and a small school division. Medals will be given to the top 5 lifters in each weight class/division. Team champions as well as team runner-ups and outstanding coaches will be awarded in both the small schools and HS divisions.

The JH meet will be broken up by grades, 7th graders will compete against 7th graders, 8th graders against 8th, and 9th graders against 9th. I will also give a 7th, 8th, and 9th team championship plaque. Medals will be given to the top 3 lifters in each weight class. I encourage everyone to bring their JH. A lot of kids are going to have an opportunity to medal.

A hospitality room will be available for the coaches. There will be a full concession for the lifters. **NO ICE CHESTS WILL BE ALLOWED IN THE GYM!** Lifters should bring money to cover breakfast and concession costs. T-shirts will be on sale.

Weigh-in will be from 7 AM to 8:30 AM for both meets. **Coaches please have the Meet entry form filled out with your lifters, School, coach, opening lifts, body weight and weight class lifting in by Tuesday February 1st by 3:30 pm 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..** Teams that need to spend the night can be housed in our locker room. Lifting will begin at 9:00 AM on both days. Please call and confirm if you plan to attend either the JH or HS meet or both meets.

Please make checks payable to Anadarko Football.

Sincerely,

Coach Kent Jackson

Coach Ray Headley

Any Questions, please contact me at:

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JH Weights 105-114-123-132-145-157-168-181-198-220-HWT

HS Weights 123-132-145-157-168-181-198-220-242-275-HWT