

Coach,

The 2019 West Junior High State Powerlifting Meet will be Thursday, March 7th at the Oklahoma Street Gymnasium located at 407 West Oklahoma in Anadarko, Oklahoma.

Entry fee will be \$150.00 per team. Five or less lifters will be \$125.00.

The meet will be broken up by grades, 7<sup>th</sup> graders will compete against 7<sup>th</sup> graders, 8<sup>th</sup> graders against 8<sup>th</sup>, and 9<sup>th</sup> graders against 9<sup>th</sup>. **THERE WILL BE NO TEAM POINTS OR PLAQUES AWARDED!** Medals will be given to the top 5 lifters in each weight class.

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 a couple of dollars to cover breakfast and concession costs. T-shirts will be on sale.

Weigh-in will be from 7:00 a.m. to 8:30 a.m.

Please make checks payable to Anadarko Football.

Sincerely,

Coach Chris Paddlety

Any Questions, please contact me at:  
8:00-12:00, 405-247-2486  
or cell at 405-638-0195

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