

Coach,

The Plainview Powerlifting meets will be Thursday, January 19th for the Junior High, Friday, January 20th for High School. Entry fees all meets will be \$150.00 per boys team, and \$100 per girls team. Five or less male lifters will be \$125.00. Five or less Female Lifters will be \$85.



For the high school meet, 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 the small and large high school divisions, as well as, girls division. The junior high meet will be broken up by grades, 7th graders will compete against 7th graders, 8th graders against 8th, and 9th graders against 9th, and a Girls Division. Medals will be given to the top 3 lifters in each weight class, and top 10 lifters in each Girls' Division weight class. **A pre weigh-in is REQUIRED. COACHES PLEASE WEIGHT YOUR ATHLETES AND FILL OUT THE MEET ENTRY FOR AT WWW.OFBCAPOWRLIFTING.COM UNDER JANUARY MEETS FOR PLAINVIEW, REMEMBER YOU CAN HAVE NO MORE THAN THREE PER WEIGHT CLASS WITH THEIR OPENING LIFTS. NO LATER THAN JANUARY 17th AT 3:00PM SO WE CAN GET THE CARDS PRINTED.**

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. We will also have T-Shirts available for purchase on the Day of the Meet. **A pre Weigh-in will be REQUIRED** . There will be a coaches' meeting at 8:30. Lifting will begin at 9:00 a.m. on all days.

Please call and confirm if you plan to attend either the junior high or high school meet or both meets.

Please make checks payable to Plainview QBC.

Sincerely, Coach Joe Price

Any Questions, please contact me at: (620)290-3379 or jprice@plainview.k12.ok.us

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

JH Girls Weights: Lightweight Division: 136 and Below; Heavyweight Division: 150 and above

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

HS Girls Weights: 108-121-136-150-181-198-220-HWT