

2023 State Powerlifting Meet

in El Reno, OK

March 9th, 10th & 11th, 2023

I hope this letter finds everyone across our state doing well. This year we are having the 2023 State Powerlifting Meet in El Reno, OK at Jenks Simmons Gym and Jenks Annex Gym again like we have over the last 4 years. We are having the Junior High (7th - 9th Grades) State Meet on Thursday March 9th. (Coaches will Judge this Meet if you qualify kids for the meet!) The Large School (3A-6A) State Meet will be on Friday March 10th, 2023 and the Small School (2A-C) State Meet will be held on Saturday March 11th, 2023. (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 Thursday and Saturday will be at 9:00 a.m. The start time for Friday will be at 11:00 a.m. Again, this starting time is only for the Large School State Meet on Friday. Coaches please read this thoroughly.

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. This year (Like Last Year) we will be using basically 3 gyms to lift the lifters each day. Lifters will only be allowed in the gym they are lifting in or basically the weight class section they are lifting in.

Weight-in will be from 5:00 p.m. to 8:00 p.m. on Wednesday night for Junior High lifters, Thursday night for Large School lifters and Friday night for Small School lifters. We will also have weigh-ins from 6:00 a.m. to 8:00 a.m. each morning of the meet for lifters who want to weigh in the mornings. We will have a short coaches meeting at 8:45 a.m.

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!

Sincerely,

Chuck Atchison

State Powerlifting Meet Director

El Reno Indians

Cell #: (405) 255 - 8501

Email: catchison@elrenops.org

Coach Cook

El Reno Indians Head Football Coach

Cell #: (918) 285 - 0993

Email: rcook@elrenops.org

Coach Pruitt

El Reno Head Powerlifting Coach

Cell #: (580) 318 - 2448

Email: mp Pruitt@elrenops.org

*The Regional and State Powerlifting Meets are Governed by the **OPCA!**

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