



Oklahoma Girls Powerlifting Coaches Association

On behalf of the Oklahoma Girls Powerlifting Coaches Association, we would like to invite you and your team to the 5th Annual Girls State Powerlifting Meet hosted by Dickson High School. The Girls State Meet will be held Monday, March 8th with lifting to begin at 9:00 a.m.

Where: Dickson High School, 4762 State Hwy 199, Ardmore, OK 73401

When: Monday, March 8, 2021 with lifting to begin at 9:00 a.m.

Weigh-in: Early weigh-in will be on Sunday, March 7th from 3:00 pm to 6:00 pm. We will also have a weigh-in the morning of March 8th from 6:30 am to 8:00 am. We will have four locations available but entire schools will weigh in at once to minimize contact between schools.

Cost: \$125 per team with 5 or more lifters; \$100 per team with 4 and less lifters

Meeting: A coaches meeting will be held at 8:30 am in the fieldhouse across the street from the gym. There will also be a hospitality room for coaches in the fieldhouse.

Divisions: We will have a high school division and a junior high division. Eligible participants for the junior high are 6th, 7th, 8th and 9th grade. 9th graders can lift with your junior high or high school but not both divisions. For the junior high, we will split the total number of participants in half and create a lightweight division and a heavyweight division. We will award the top 10 in both divisions for junior high. For the high school division, we will award the top 3 in each weight class. Team trophies will be given to the State Champion and runner up in both the high school and junior high.

Weight Classes: The classes follow the OGPCA bylaws and are as follows:

108 - 121 - 136 - 150 - 165 - 181 - 198 - 220 - HWT

Please make all checks payable to Oklahoma Girls Powerlifting Coaches Association.

Call and confirm your attendance by contacting one of the following:

Meet Director: Warren Butler 580-465-3787

OGPCA Host: Steve Day 405-623-1303

2021 Oklahoma Girls Powerlifting Coaches Association State Meet

The following guidelines will be in effect for the 2021 OGPCA State Meet. These guidelines are for both high school and junior high. All of these items are in an effort for your student-athlete to safely compete.

- Masks will be worn at all times by lifters and coaches with the exception of when the student-athlete is lifting. They may choose to wear or not wear a mask during their nine attempts.
- A school representative must register their lifters by Friday, March 5th by 11:59 pm on the [2021 OGPCA State Meet Entry Form](#). Lifters who are not on the entry form will not be allowed to participate.
- A pre-weigh in will be allowed on Sunday, March 7th AT DICKSON ONLY from 3:00 pm to 7:00 pm. We will also have a weigh-in the morning of March 8th from 6:30 am to 8:00 am. We will have four locations available but entire schools will weigh in at once to minimize contact between schools.
- Schools are limited to 3 coaches. Coaches will be issued wristbands at the coaches meeting before lifting begins. Only coaches will be allowed on the floor. **At least one coach must be a member of the Oklahoma Girls Powerlifting Coaches Association. To become a member, please go to www.ogpca.com and fill out the membership form.**
- Depending on the amount of lifters, we could lift in two gyms to provide proper distancing so please teach your kids how to wrap.
- Bleachers will be sectioned off by weight division and not by school. There will be enough room for social distancing between athletes.
- A monitor will be facing the bleachers for participants to view from their seats.
- The judge(s) will have a monitor of their own to view.
- Equipment will be cleaned and sanitized periodically.
- Only the lifter, her spotter and the next lifter will be allowed on the floor at any time.
- Each school will be required to judge an event. Teach your kids how to wrap.

*At this time, we are unsure if spectators will be allowed inside the facility. If spectators are not allowed, we have a plan in place to stream each rack for viewing purposes. **The opportunity for all athletes to compete is a higher priority than allowing spectators inside the facility.***

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***** ATTENTION ALL COACHES *****

Please read and follow the instructions below for registration of your athletes!

- Please complete the entry form for your school online by following the link below or using the link on OGPCA.com.
 - [2021 OGPCA State Meet Entry Form](#)
PLEASE DO NOT TYPE OVER ANY DATA ON THE GOOGLE SHEET ENTRY FORM. FIND THE NEXT OPEN ROW AND ENTER YOUR TEAM INFORMATION THERE!
- Lifters who are not on the entry form will not be allowed to participate.
- Pre weigh-in AT DICKSON ONLY will be available on Sunday, March 7th from 3:00 pm to 7:00 pm.
- We will also have a morning weigh-in from 6:30 am to 8:00 am. Schools will have to weigh in at the same time so please show up before 7:50 am to allow enough time for all lifters to be entered.
- **Deadline to submit entries is Friday, March 5th by 11:59 pm. No late entries will be allowed.**
- Schools are allowed 4 girls per weight class. If you want your lifters in a different weight class than their bodyweight, please select the class in the drop down box. If no weight class is selected, lifters will be assigned per their bodyweight. If there are more than 4 in a class, we will move them up one class.
- Your team order does not matter as the entry form will be sorted by division and weight class.
- Lifter numbers will be assigned Monday morning before lifting is set to begin.

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Dickson High School
4762 State Hwy 199
Ardmore, OK 73401

School: _____

Lifter: _____

Coach: _____

We, the undersigned, agree not to hold the Oklahoma Girls Powerlifting Coaches Association and/or Dickson Public Schools, administration, faculty or staff liable in the event of an accident. We further agree to abide by all rules and bylaws set forth by the Oklahoma Girls Powerlifting Coaches Association Board of Directors.

Signature of Lifter

Signature of Parent

Signature of Coach

***** Each lifter is to have this form completed and signed before competition *****