

Coaches and Athletic Directors,

The 2021 Northeastern Regional Junior High Powerlifting Meet will be held on Wednesday, March 2nd at the Miami Civic Center.

Entry Fee: \$200 per team; \$150 for teams of 5 or less

Insurance Fee: \$8 per lifter added to the fee. EXAMPLE: Team of 7 lifters = \$256

*Medals will be awarded to the top 3 lifters in each weight class/division. The top 4 lifters will automatically qualify for the state meet and the next 4 best lifts per weight class making the total number of state qualified lifters 20.

A hospitality room will be available for coaches and administrators **ONLY**.

NO ICE CHESTS OR OUTSIDE FOOD WILL BE ALLOWED IN THE GYM.

Lifters should bring money to cover breakfast and concession costs.

Northeast Regional T-shirts will be available for \$15.

Weigh-in: 7:00 a.m. - 8:15 a.m. the day of the meet

Early weigh-in: 5:30 p.m. - 7:30 p.m. the night before the meet

We will have a separate area to weigh-in for female athletes. **DO NOT** bring them to the male weigh-in area.

****Rosters Due:** Monday March 1st by 4:00 p.m. or your school **Will Not** be allowed to participate!

Coaches will fill out the meet entry form with opening lifts at www.ofbcapowerlifting.com.

Start Time: 9:00 a.m.

Meet Location: Miami Civic Center
129 5th Ave NW
Miami, OK 74354

Checks Payable to: *MIAMI ATHLETICS.*

Roster: now **33** lifters per grade: No more than 3 lifters per weight class per school.

JH Weight Classes: 105-114-123-132-145-157-168-181-198-220-HWT

We look forward to seeing everyone!

Sincerely,
Miami Staff

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