

## 28th Annual Anadarko Powerlifting Meet

Coach,

The 2023 28th Annual Anadarko Warrior Powerlifting meets will be Thursday, Feb. 2nd for the Junior High, and Friday, Feb. 3rd for High School.

Entry fees for both meets will be \$150.00 per team. Five or less lifters will be \$125.00.  
Entry fees for girls teams will be \$100.00 per team. Five or less lifters will be \$80.00

The HS meet will have a large and a small school division. Medals will be given  
To the top 5 lifters in each weight class/division. Team champions as well as team runner-ups and  
outstanding coaches will be awarded in both the small schools and HS divisions.

The JH meet will be broken up by grades, 7th graders will compete against 7th graders, 8th graders  
against 8th, and 9th graders against 9th. I will also give a 7th, 8th, and 9th team championship plaque.  
Medals will be given to the top 3 lifters in each weight class. I encourage everyone to bring their JH. A lot  
of kids are going to have an opportunity to medal.

The HS Girls meet will be one division. Medals will be given to the top 5 lifters in each class. JH Girls  
division will be a divided into a Lightweight and Heavyweight divisions medaling the top three in each

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 money to cover breakfast and  
concession costs. T-shirts will be on sale.

There will be an Entry form attached to the OPCA website: <https://www.ofbcapowerlifting.com/> to fill out  
for your entries. Please have filled out by Tuesday Jan. 31st, 2023 by 4:00 PM so we can get the cards  
printed and programs set up. Coaches meeting will be at 8:45, lifting will be promptly at 9:00am each day.

Please make checks payable to Anadarko Football

Sincerely,

Coach Kent Jackson

Any Questions, please contact Kent Jackson or Ray Headley at:  
405-247-9536 Office Ray Headley Cell: 405-306-0037  
405-933-2245 Cell Email: [rheadley@apswarriors.com](mailto:rheadley@apswarriors.com)  
[kjackson@apswarriors.com](mailto:kjackson@apswarriors.com)

JH Weights 105-114-123-132-145-157-168-181-198-220-HWT  
HS Weights 123-132-145-157-168-181-198-220-242-275-HWT  
HS Girls Weights 108-121-136-150-165-181-198-220-HWT  
JH Girls Weights Lightweight, 0-136, Heavyweight, 137-HWT

