

WOODWARD BOOMER FOOTBALL

Coaches,

The 2022 **Northwest Regional Powerlifting Meet** will be held Thursday and Friday, March 3rd and 4th in Woodward, OK. Entry fee will be **\$200.00** per team of 5 or more lifters, 4 or less will be **\$150.00**. There is also a **\$8.00** insurance fee per lifter that needs to be included with your check. This insurance will carry over to the state meet for any of your lifters that qualify for state. Each High School team will be allowed to bring up to 33 lifters, with no more than 3 per weight class. Junior High is allowed 33 lifters per grade in 7th, 8th and 9th for a total of up to 99.

Cost to get in will be \$8.00 per person. Rosters must be received by the regional host by **Monday, February 28th no later than 4:00pm**. Please make sure you fax or email your rosters in before this time and date. Coaches can fill out their rosters on the entry form link on www.ofbcapowerlifting.com under the regional tab in which you attend. There will be zero exceptions to this!

The Junior High meet will be held Thursday, March 3rd starting at 9am with both the small and large school meet on Friday, March 4th also starting at 9am. Medals will be given to the top 3 lifters for Junior High and top 5 Lifters for High School in each weight class/division. Class Champions will be awarded for each high school division.

A hospitality room will be available for coaches, administrators and bus drivers only (please keep your athletes out of the hospitality room). No ice chests will be allowed in the building. Lifters should bring money to cover any concessions. Also, we will have NW Regional powerlifting shirts available for \$15 per shirt (we will also have shirts from last year's regional for \$5).

Weigh-in will be from 7-8:30am both days. There will be an early weigh-in Thursday evening March 3rd from 6-7:00pm. This is a "boys only" regional this year and girls will not be allowed to compete. Girls will have their own regional powerlifting meet in Miami and Durant on Tuesday, Mar 1st. For more info go to OGPCA.com. Please let us know if you will be attending the early weigh-in on Thursday.

The meet will be held at the Woodward Event Center located at the Woodward County Fairgrounds 105A Temple Houston Dr. Woodward, OK 73801.

Please make checks payable to: **Woodward Boomer Football**

High school weight classes: 123 – 132 – 145 – 157 – 168 – 181 – 198 – 220 – 242 – 275 - HWT

JH school weight classes: 105 – 114 – 123 – 132 – 145 – 157 – 168 – 181 – 198 – 220 - HWT

Sincerely,

Boomer Football Staff

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