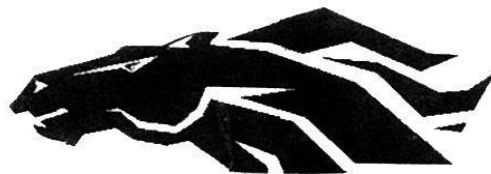


**Allen Public Schools**

**P.O. Box 430 - Allen, OK 74825**

**(580)857-2416 FAX (580)857-2636**



***“Home of the Mustangs”***

***Dr. Bill Caruthers***

***Tony Wellington***

***Superintendent***

***K-12 Principal***

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***9<sup>th</sup> annual*** Mustang Invitational Power Lifting Meets

**High School Meet- February 13<sup>th</sup>, 2019 (Wednesday)**

**Junior High Meet- February 14<sup>th</sup> , 2019 (Thursday)**

**Time:** Weigh in will be from 6:30 a.m. – 8:30 a.m. on both days. We will have a coaches meeting at 8:45 a.m. and begin lifting at 9:00 a.m. There will be a hospitality room for coaches and administrators.

**Cost:** The entry fee will be **\$125** per team (5 lifters or more) & **\$100** if less than 5 lifters.

Please make checks payable to **ALLEN FOOTBALL**

**Awards:** The HS meet will be divided into 8-man (C-B) division & (A-2A) division. Each division will award 1<sup>st</sup>-5<sup>th</sup> medals, Team Champion & Runner-Up Trophies.

The JH meet will award 1<sup>st</sup>-5<sup>th</sup> medals, Team Champion & Runner-Up Trophies.

**Weight Classes:**

**High School-** 123, 132, 145, 157, 168, 181, 198, 220, 242, 275, HWT

**Junior High-**105, 114, 123, 132, 145, 157, 168, 181, 198, 220, HWT

**Concession:** There will be a concession stand for the lifters. Biscuits & Gravy will be served during breakfast \$5.00 **No outside Ice Chests will be allowed in the Gym.**

**Confirmation:** *Please call, text or email us to confirm attending either or both meets! Also please let us know how many lifters you will be bringing!*

Thank you,

Zach Sullivan

Asst. Football Coach

Allen High School

**Contacts:** Allen High School (580) 857-2416

Zach Sullivan/ Asst. Football (580) 320-1133 cell email:zsullivan@allen.k12.ok.us

Stephen Caldwell/Head Football (580) 279-5282 cell email:jheisman12@yahoo.com

Allen Inv. Power Lifting Meet

Allen, Oklahoma

Feb. 13<sup>th</sup> & 14<sup>th</sup> 2019

School:\_\_\_\_\_ Coach:\_\_\_\_\_

Lifter's Name:\_\_\_\_\_

Weight Division:\_\_\_\_\_ School Classification:\_\_\_\_\_

We, the undersigned, agree not to hold Allen Public Schools and officials liable in the event of an accident. We further agree to abide by the rules and regulations established by the OFBCA.

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(Signature of lifter)

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(Signature of parent or guardian)

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(signature of coach)

Note:

1. Each lifter is to complete and have all three signatures on this form.
2. Each coach is to run off as many copies of this form as needed.
3. Coaches bring completed forms to the Meet Director at weigh – in

Thank you,

Zach Sullivan

Allen High School