

Coaches and Athletic Directors,

The 2022 Northeastern Regional High School Powerlifting Meet will be held on Thursday, March 3rd and Friday, March 4th at the Miami Civic Center. (***Large Schools, 3A-6A, will lift Thursday and Small Schools, C-2A, will lift on Friday***)

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 5 lifters in each weight class/division. The top 5 lifters will automatically qualify for the state meet and the next 5 best lifts per weight class making the total number of state qualified lifters 25.

Hospitality Room: will be available for coaches and administrators ***ONLY***.

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

*Lifters should be bring money to cover breakfast and concession costs.

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

WEIGH-IN: 7:00-8:15 a.m. the day of the meet.

EARLY WEIGH-IN: 5:30-7:30 p.m. the night before the meet..

Rosters Due: Monday, February 28th by 4:00 p.m. or your school **will not** be allowed to participate. You will enter your roster and opening lifts at <https://www.ofbcapowerlifting.com/home.html>

Start Time: 9:00 a.m.

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

Checks: Please make payable to *Miami Athletics*

Roster: 3 per weight class. 33 lifters total per school.

HS Weight Classes: 123-132-145-157-168-181-198-220-242-275-SHWT

We look forward to seeing you!

Sincerely,
Miami Staff

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