



Coaches,

The 1st Annual Skiatook High School powerlifting meet will be held at the BWAC at Skiatook High School (1000 West 4th Street) on Thursday, Feb. 12th for Junior High (Grades 7-9) and Friday, Feb 13th for High School (Grades 10-12).

For Junior High competitors, awards will be given to the top 3 athletes in each weight class as well as the top 2 teams.

For High school competitors, awards will be given to the top 3 athletes in each weight class as well as the top 2 teams in both the large and small school divisions.

**Entry fees for all teams, male/female & JH/HS, at this meet will be \$150 per team.
Entry fees are \$125 for teams of five or less lifters.
Checks made payable to Skiatook Public Schools.**

A hospitality room will be available for coaches. There will be a full concession stand for athletes and other vendors present selling items such as event T-shirts. NO ice chests will be allowed in the facilities. Lifters should bring money for concessions or items they may want to purchase from vendors.

There will be no weigh in at the meet. Coaches will provide athletes weights the day before and prior to arrival for competition. Coaches meeting will be held in the hospitality room at 8:30. Lifting will begin after the meeting and by 9:00 on both days.

Weight Classes:

JH Boys Weight Classes: 114-123-132-145-157-168-181-198-220-242-HWT

JH Girls Weight Classes: 97-105-113-123-132-143-155-168-181-HWT

High School Boys Weight Classes: 123-132-145-157-168-181-198-220-242-275-HWT

High School Girls Weight Classes: 105-113-123-132-143-155-168-181-198-220-HWT

Please don't hesitate to reach out with any questions and confirm your attendance to the meet for either day or both as well as a boys team, girls team, or both. Please make all checks payable to -Skiatook Public Schools. If you know of a vendor interested in setting up at the event, please have them contact Coach DeClue.

Thank you,

Meet Director
Kyle Fridrich
405-567-7318

Head Powerlifting Coach
Tom DeClue
918-808-4651

Skiatook Athletic Director
Shane Branscum
sbranscum@skiatookschools.org





Junior High (Grades 7 - 9): Thursday February 12th, 2026
High School (Grades 10 - 12): Friday February 13th, 2026

Brooks Walton Activity Center
1000 West 4th Street
Skiatook, OK 74070

Lifter: _____ Coach: _____
School/Grade: _____ Weight: _____
Cell Phone: _____ Email: _____

We, the undersigned, agree not to hold the Skiatook Public Schools (administration, faculty or staff), and its staff liable in the event of an injury or accident. We further agree to abide by all rules, regulations, and expectations of the meet. We also understand that the media may be present at the meet and photos or videos may be shared on TV, social media, or elsewhere.

Lifter Signature: _____
Parent Signature: _____
Coach Signature: _____

NOTE:

1. Each lifter is to have this form completed and signed **before** competition.
2. Each coach is to run off as many copies of the form as needed.
3. Media may be present at the meet and videos or pictures may be shared on social media, TV, or elsewhere.