



Dear Coach,

We are thrilled to invite you to the Boomer Powerlifting Meet, held over three days at the Woodward County Event Center & Fairgrounds (105A Temple Houston Dr, Woodward, OK 73801).

****Event Schedule:****

- **January 29: Junior High and High School Girls**
- **January 30: Junior High Boys**
- **January 31: High School Boys**

****Entry Fees:****

- Boys Teams: **\$200** per team, **\$150** for five or fewer lifters.
- Girls Teams: **\$150** per team, **\$100** for five or fewer lifters.

Note: Junior High (JH) and High School (HS) teams are separate. As well as boys and girls teams. Therefore, if you have lifters in each category, that constitutes four separate teams. Please make all checks payable to **"Boomer Football."**

****Weight Classes:****

- ****High School Boys:** 123-132-145-157-168-181-198-220-242-275-HWT**
- ****High School Girls:** 108-121-136-150-165-181-198-220-HWT**
- ****Junior High Boys:** 105-114-123-132-145-157-168-181-198-220-HWT**
- ****Junior High Girls:** 97-108-121-136-150-165-181-HWT**

Weight classes follow OGPCA standards for girls and OPCA standards for boys.

****Competition Divisions:****

- ****Junior High Boys:** Separated by grade (7th graders compete against 7th graders, 8th graders against 8th graders, and 9th graders lift with the HS).**
- ****Junior High Girls:** One division for 7th and 8th graders. 9th graders lift with the HS.**
- ****High School Girls:** One division for 9th-12th graders.**
- ****High School Boys:** One division for 9th-12th graders.**

Medals will be awarded to the top 5 in each weight class. Team plaques will be awarded for 1st and 2nd place in each meet.

****Pre-Weigh-Ins:****

Please weigh your athletes and complete the meet entry at [OFBCAPowerlifting](<https://www.ofbcapowerlifting.com/home-2.html>) under the January meets for Woodward. Note that no more than three athletes per weight class are allowed, and include the opening lifts of your athletes. Submit weigh-ins by January 22 at 3:00 PM. Changes can be made on the day of the meet if necessary. **Please complete a Liability/Release form for each lifter and turn in before the start of the meet.**



****Hospitality Room:****

A hospitality room will be available for coaches. There will also be a full concession stand for the lifters. Lifters should bring money for breakfast and concession costs. Note that no ice chests are allowed in the building.

The coaches' meeting will be at 8:30 AM, with lifting starting at 9:00 AM.

We look forward to your participation!

Best regards,
Da'Mario Mattingly
Head Powerlifting Coach

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