

Checotah Powerlifting Meet

Junior High- 7th, 8th, 9th Separate Divisions Tuesday February 4th, 2025 Junior High Girls

High School- 9th - 12th Division Wednesday February 5th, 2025 High School 9th-12th Girls Division

Where: Checotah Event Center

Weigh-In: 7am - 8:30am

Coaches Meeting following weigh-in each day

Meet will begin at 9:00am both days

Cost: High School - \$150 per team (Friday) \$100 for 5 or few lifters

Junior High- \$100 per grade 7th, 8th, 9th (\$80 for 5 or few lifters per grade)

A pre weigh-in is REQUIRED. COACHES PLEASE WEIGH YOUR ATHLETES AND FILL OUT THE MEET ENTRY FORM AT UNDER February MEETS FOR **CHECOTAH**. YOU CANNOT HAVE MORE THAN THREE PER WEIGHT CLASS WITH THEIR OPENING LIFTS.

Junior High

Please specify the grade on the entry form for each kid

We will medal first through third place in each weight class in each grade.

We will have High School kids that will judge the Junior High Meet.

1st and 2nd place team plaques will be awarded.

High School

There will be a Large School, Small School division (depending on numbers) and Girls Division, we will medal 1st-3rd medals for each weight class. 1st and 2nd place team plaques will be awarded.

Bus Parking will be behind the event center,

Full Concession will be available

No ICE Chests

Gate: \$5 for adults \$3 for students

- We will have a 30 school limit, so the first 30 schools to call and confirm will be entered.

Entry Fee Checks should be made out to : **Checotah Football**

Please Contact to confirm:

Zac Ross

zdross@checotah.k12.ok.us

Checotah Powerlifting Meet

Release Form:

School:_____ Coach:_____

Name of Lifter:_____ Weight:_____

We, the undersigned, agree not to hold the Oklahoma Powerlifting Coaches Association and/or Bethel Public Schools and officials liable in the event of an accident. We further agree to abide by all rules and regulations established by the O.P.C.A.

(Signature of Lifter) (Signature of Parent)

_____ (Signature of Coach)

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