



THE 1st ANNUAL LAVERNE POWERLIFTING MEET

Coaches:

Laverne Public Schools would like to invite you to our 1st annual powerlifting meet. This will be a HS boys and girls meet (9th-12th) only, and will take place on Wednesday, February 4th. The meet will be located at the Laverne School AG Barn (701 S County Line Road, Laverne Ok 73848). Entry fees for all meets will be \$150.00 per team, five or less lifters will be \$125.00. Medals will be given to the top 5 lifters in each weight class/division. A hospitality room will be available for the coaches. There will be a full concession for the lifters. No ice chests will be allowed in the venue. Lifters should bring money to cover concession costs. There will be a coaches' meeting at 8:30 am. Lifting will begin at 9:00 a.m. Please fill out our Google Form if you plan to attend the meet. There will be no weigh-ins at the meet. Coaches will provide that information on the meet entry forms. Meet Entry Form- Please fill out the meet entry form by Friday, January 30th by 4 pm so we can get the cards made for the meet. Please make checks payable to Laverne Public Schools.

Sincerely, Coach Smiley.

Any Questions, please contact me at (405) 585-3251 or jsmiley@laverne.k12.ok.us.

Weights Classes:

**HS&9TH BOYS Weights:123-132-145-157-168-181-198-220-242-275-HWT
HS Girls Weights: 105-113-123-132-143-155-168-181-198-220-HWT This meet is capped at 400 lifters. You must call or email and confirm your**

attendance.