



THE 2nd ANNUAL RINGWOOD POWERLIFTING MEET

Coaches:

Ringwood public school would like to invite you to our 2nd annual powerlifting meet. JH girls and boys will be held on Tuesday, January 13th. HS boys and girls will be held on Wednesday, January 14th. The meet will be held at Ringwood gymnasium at 101 W Fifth St Ringwood OK 73768. Entry fees for all meets will be \$150.00 per team, five or less lifters will be \$125.00. For the high school meet, medals will be given to the top 5 lifters in each weight class/division. The junior high meet will be broken up by grades, 7th graders will compete against 7th graders, 8th graders against 8th, and 9th graders against 9th, and a HS Girls Division. Medals will be given to the top 3 lifters in each weight class. 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 gym. 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. on all days. Please fill out our Google Form if you plan to attend either the junior high or high school meet or both meets. 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 9th by 4 pm so we can get the cards made for the meet. Please make checks payable to Ringwood athletics. Sincerely, Coach Bradley. Any Questions, please contact me at (405) 819-5304 or eb Bradley@ringwood.k12.ok.us.

Weights Classes:

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

JH Boys Weights: 105-114-123-132-145-157-168-181-198-220-HWT

HS 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 per day. You must call or email and confirm your attendance to High School, Junior High, or both meets.



Ringwood Public School. 101 W Fifth St Ringwood Ok, 73768

School:_____ **Coach:**_____

Lifter:_____ **Weight:**_____

Grade:_____ **Gender: M or F**

We, the undersigned, agree not to hold the Oklahoma Powerlifting Coaches Association and/or Ringwood 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 this form as needed.