



McALESTER PUBLIC SCHOOLS



“Engaging Minds, Inspiring Hearts, Pursuing Excellence”

The **BUFFALO IRON POWERLIFTING INVATIONALS** will be held on:

Wednesday Jan 28th Middle school Girls (7-9), and High School Girls (9-12)

Thursday Jan 29th Middle School Boys (7-8)

Friday Jan 30th High School Boys (10-12), Freshman (9)

Entry fee is \$150.00 per team per day

Please make all checks payable to McAlester Athletics

The Meet will be at the Southeast Expo Center: **4500 West, 4500 US-270, McAlester, OK 74501**

Middle School Girls- One division. Medals will be awarded to the top 5 lifters in each weight class.

High School Girls- One division. Medals will be rewarded to the top 5 lifters for each weight class.

Middle School Boys- Broken up by grade and medals will be awarded to the top 3 lifters.

High School Boys- Small and large school division. Medals will be rewarded to the top 5 lifters for each weight class.

Team and Runner-Up Champions will be awarded to Large and Small High School Boys and High School Girls divisions.

Weight Classes:

Middle School Girls Weight Classes: 97-108-121-136-150-165-181-HWT

High School Girls Weight Classes: 108-121-136-150-165-181-198-220-HWT

Middle School Boys Weight Classes: 105-114-123-132-145-157-165-181-198-220-HWT

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

A hospitality room will be available for coaches. We will have a full concession stand with breakfast and lunch. Coaches meeting will be held at 8:30 am all three days and lifting will begin at 9:00 am. A pre weigh-in is REQUIRED. The pre weigh-in sheet is available at www.opcapowerlifting.com / January 2025 Meets /McAlester.. Please make all checks payable to McAlester Athletics. **Please email and confirm your entry into our meet by January 9th**

Austin Maddux:

580-271-0294

Email: amaddux@mpsbuffs.org



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BUFFALO IRON POWERLIFTING RELEASE FORM

Name: _____ **Coach:** _____
School: _____ **Weight:** _____
Grade: _____ **Division:** _____

We, the undersigned, agree not to hold the Oklahoma Powerlifting Coaches Association and/or McAlester 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)

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.