



## 2026 Panama Razorback Powerlifting Meet

Coach,

The Panama Razorback Powerlifting Meet will be held on February 18, 19, 20. JH Girls and Varsity Girls will lift the 18th, JH Boys the 19th, and HS Boys the 20th. **Weigh-ins are to be done by you before the day of the meet. Only 3 lifters will be scored per school per weight. Have all entries in by Wednesday the 17th by 3:00. Please RSVP to ensure your team has a spot.**

**\*\*Entry Fees:\*\***

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

**\*\*Competition Divisions:\*\***

**The junior high boys and girls meet is open to all classes, and will be broken up by grades, 7th graders will compete against 7th graders, 8th graders against 8th, and 9th graders against 9th.**

**Medals will be given to the top 5 lifters in each weight class. Totals will be compiled to have a Team Trophy for each grade.**

- **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.**

**\*\*Weight Classes:\*\***

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

- **High School Girls:** 105-113-123-132-143-155-168-181-198-220-HWT

- **Junior High Boys:** 105-114-123-132-145-157-168-181-198-220-HWT

- **Junior High Girls:** 97-105-113-123-132-143-155-168-181-HWT

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

Bring a release form with all three qualifying signatures for each lifter. Entry Fee checks should be made out to Panama Public Schools. If mailing please mail to:

**401 High School Drive**

**Panama, Ok.**

**74951**

We will offer Coaches and staff a hospitality room all three days.

There will be plenty of bus parking.

Please do not bring ICE CHESTS inside the Reynolds Center. There will be a concession stand for your lifters and fans.

Please contact Coach Chris Ford if you plan to attend so we are able to calculate our needs.



# PANAMA Public Schools



Panama Middle School  
Chris Ford

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Chris Ford

[chrisford@panama.k12.ok.us](mailto:chrisford@panama.k12.ok.us)  
(918)413-5557



PROUD TO BE A RAZORBACK  
ChrisFord@panama.k12.ok.us



## 2026 PANAMA Invitational

### Junior High / High School Powerlifting Meet

Panama Public Schools  
401 High School Drive  
Panama, Ok.  
74951

School: \_\_\_\_\_ Coach: \_\_\_\_\_

Name of Lifter: \_\_\_\_\_

Weight \_\_\_\_\_

We, the undersigned, agree not to hold the Panama Public Schools, administration, faculty or staff liable in the event of an accident. We further agree to abide by all rules and regulations of the invitational meet.

\_\_\_\_\_  
(Signature of Lifter)

\_\_\_\_\_  
(Signature of Parent)

\_\_\_\_\_  
(Signature of Coach)



# PANAMA Public Schools



Panama Middle School  
Chris Ford

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NOTE:

1. Each lifter is to have this form completed and signed before competition.
2. Each coach may run off as many copies of the form as needed.



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