



Tishomingo Public Schools

1300 East Main Street • Tishomingo, OK 73460

4th Annual Tishomingo Powerlifting Meet

Dates:

- Junior High: Thursday, February 19th, 2026
- High School: Friday, February 20th, 2026

Entry fees for all meets will be **\$150.00** per boys team, and **\$150.00** per girls team. Five or less lifters will be **\$125.00**. Five or less Female Lifters will be **\$100**.

For the high school meet, medals will be awarded to the top five lifters in each weight class and division. Team champions and runners-up will be recognized in the small-school, large-school, and girls' divisions.

The junior high meet will be separated by grade: 7th graders will compete against 7th graders, 8th against 8th, and 9th against 9th, along with a Girls' Division. Team championship plaques will be awarded for 7th, 8th, and 9th grades. Medals will be given to the top three lifters in each weight class, and to the top ten lifters in each Girls' Division weight class.

A hospitality room will be available for coaches. (If you would like to bring a high school student to help judge on Thursday for the middle school meet, that would be appreciated.) A full concession stand will be available for lifters. No ice chests will be allowed in the gym. Lifters should bring a few dollars for breakfast and concession items. T-shirts will also be available for purchase on the day of the meet.

A pre-weigh-in is required. There will be a coaches' meeting at 8:30 a.m., and lifting will begin at 9:00 a.m. on both days. Please call to confirm whether you plan to attend the junior high meet, the high school meet, or both. Checks should be made payable to **Tishomingo Powerlifting**.

Sincerely,
Coach Wes Thomas

For questions, please contact:

- Wes Thomas: (580) 564-5417 | wthomas@tishomingo.k12.ok.us
- Kyle LaFevers: (580) 257-9124 | kylafevers@tishomingo.k12.ok.us
- Forrest Garner: (251) 510-4272 | fgarner@tishomingo.k12.ok.us

J.H. Weights: 114-123-132-145-157-168-181-198-220-242-HWT

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

H.S. 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

Tishomingo Meet

Release Form

2026 Tishomingo Powerlifting Meet
TISHOMINGO HIGH SCHOOL
PO BOX 9
TISHOMINGO, OK 7460

School: _____ Coach: _____

Name of Lifter: _____ Weight: _____

We, the undersigned, agree not to hold the Oklahoma Powerlifting Coaches Association, the Oklahoma Girls Powerlifting Coaches Association, and/or Dibble 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, and O.G.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.