

4th Annual Big Mac Classic Powerlifting Meet



On behalf of McAlester High School Powerlifting, we would like to invite you and your team to the 4th Annual Big Mac Classic Powerlifting Meet. The High School Girls will lift Wednesday February 7th, Junior High will lift on Thursday February 8th and the High School on Friday, February 9th. The weight classes for both meets are those stated in the State Powerlifting rules. **NOTE: There will be no separate divisions for JH Girls however you can enter a JH girls team as a separate team in each division (they will compete against boys)**

- **Where:** McAlester Indoor Facility at Hook Eales Stadium
- **When:** February 7th (high school girls) February 8 (Junior High), February 9 (high school boys)
- **Weigh-in:** REMOTE ONLY once done screenshot your weigh-ins A sheet is on our page on ofbcapowerlifting.com for weigh-in We will only enter a kid if its a flaw in the system not if you forgot a kid if in doubt add the kid and its easier to scratch if they are a no show.
Coaches Meeting 8:30 am. Meet will begin at 9:00am all days.

Junior High - \$150 per school per team (boys/girls) \$300 if bringing both. - There will be a separate 7th, 8th, and 9th grade division. We will medal first through third place in each weight class in each grade and there will be a team champion for each grade. We will use high school lifters to judge the lifts. You may bring HS lifters to help judge but please explain the rules to your HS lifters and we will have rules meeting with them as well.

High School BOYS and GIRLS – \$150 per team.

(Thursday) There will be a large school, small school division. 1st – 3rd place medals each weight class. 1st and 2nd place team plaques will be awarded. At least one coach from each staff will judge, depending on how many teams compete, we may need your school to judge two events, but we will try to avoid that at all cost.

Bring a release form with all three qualifying signatures for each lifter.

Entry Fee checks should be made out to **McAlester Football**. If mailing please mail to:

McAlester Public Schools
attn McAlester Football
1 Buffalo Drive
McAlester, OK 74502

- We will have a hospitality room both days serving breakfast and lunch.
- Bus parking will be in the indoor parking lot.
- Full concession will be available.
- **NO ICE CHESTS! NO FOOD OR WATER ON THE TURF.**

Please call or email to confirm if you are coming, so we can get a total number of teams and lifters to expect.

Forrest Mazey

918-413-5677

fmazey@mcalester.k12.ok.us

Johnny Skimbo

918-465-6587

jskimbo@mcalester.k12.ok.us

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SCHOOL: _____ COACH: _____

NAME OF LIFTER: _____

WEIGHT DIVISION: _____

SCHOOL CLASSIFICATION: (Circle One)

Large School (6A 5A 4A 3A), Small School (2A A B C), Girl Division

We, the undersigned, agree not to hold the Oklahoma Football Coaches Association and / or host school and officials liable in the event of an accident. We further agree to abide by all rules and regulations established by the OFBCA AND OFBCA POWERLIFTING ASSOCIATION.

(Signature of Parent / Guardian)

(Signature of Lifter)

(Signature of Coach)

NOTE:

1. Each lifter is to complete and sign this form by deadline.
2. Coach may copy this form as needed.

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