

Strother Football  
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Seminole, OK. 74868  
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Coach,

The 3rd Annual Strother Invitational Powerlifting Meet will be held Thursday, January 18th for Junior High and Friday, January 19th for High School. Entry fees for both meets will be \$150.00 per team. Five or less lifters will be \$100.00 per team. Entry for Junior High/High School Girls will be \$125.00 per team. Five or less lifters will be \$100.00.

The junior high boys meet will be broken up by grade (7th, 8th, 9th). Medals will be awarded to the top 3 lifters in each weight class. Team awards will also be given for each grade. Awards will be given to top 3 lifters in each class.

The high school boys meet will have large and small school divisions. Medals will be awarded to the top 5 lifters in each weight class. team awards will be given in each division. Medals will be awarded to the top 3 girl lifters in each class, as well as a team award.

Pre weigh-in is required

Pre weigh-in sheet will be available for JH boys and girls from 8am-5pm on Jan. 17. The HS boys and girls sheets will be available from 8am-5pm on Jan. 18.

NO OUTSIDE ICE CHEST WILL BE ALLOWED IN THE GYM! We will have concession available for lifters for breakfast and lunch.

There will be a hospitality room for coaches and administrators.

Coaches meeting will begin at 8:30  
Lifting will begin at 9:00 on both days.

Junior High Weight Classes: 105-114-123-132-145-157-168-181-198-220-HWT

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

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

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

Thank you,

Scott Douthit  
Principal  
Head Football

Please call and confirm your attendance to High School, Junior High, or both meets.

Head Football: Scott Douthit (405)584-0486