



Josh Mcmillan

Powerlifting Coach

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Hilldale Power Lifting Meet

Junior High – 7th, 8th, and 9th Thursday January 18, 2024

High School – 9th – 12th Friday January 19, 2024

Where: Hilldale Event Center

Weigh-in: 7:00 – 8:30 am

Coaches Meeting immediately following weigh-in each day.

Meet will begin at 9:00am both days.

Cost: High School - \$150 per team (Friday) \$100 for 5 or fewer lifters

Junior High - \$100 per grade entered with a max of \$300 for all three grades.

(Thursday) \$80 for 5 or fewer lifters per grade

A pre weigh-in is REQUIRED. COACHES PLEASE WEIGHT YOUR ATHLETES AND FILL OUT THE MEET ENTRY FOR AT WWW.OFBCAPOWTERLIFTING.COM UNDER JANUARY MEETS FOR HILDDALE, REMEMBER YOU CAN HAVE NO MORE THAN THREE PER WEIGHT CLASS WITH THEIR OPENING LIFTS. NO LATER THAN JANUARY 18th AT 3:00PM SO WE CAN GET THE CARDS PRINTED.

Junior High - There will be a separate 7th, 8th, and 9th grade division. Please email a separate roster for each division entered.

We will medal first through third place in each weight class in each grade.

First and second place team plaques will be given for each grade. An outstanding lifter plaque will be awarded for each grade.

We will use high school lifters to judge the lifts. This will allow coaches to move around and coach their team.

High School – There will be a large school and small school division. 1st – 3rd place medals each Weight class. 1st place team plaques and an outstanding lifter for each division.

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

Entry Fee checks should be made out to Hilldale Public Schools.

Bus parking will be behind the event center by softball field.

Full concession will be available.

NO ICE CHESTS!

Please call to confirm if you are coming, so we can get a total on teams/lifters.

***WE WILL HAVE A 30 SCHOOL LIMIT, SO THE FIRST 30 SCHOOLS TO CALL AND CONFIRM WILL BE ENTERED.**

2024 Hornet Invitational

Jr High/High School Powerlifting Meet

Hilldale High School

300 E. Smith Ferry Rd.

Muskogee, Ok. 74401

School: _____ Coach: _____

Name of Lifter: _____ Weight _____

We, the undersigned, agree not to hold the Oklahoma Football Coaches Association and/or Hilldale 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.F.B.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.