

Coach,

The 2nd Annual Ringling Blue Devil Powerlifting Invationals will be held Wednesday Feb 1st for junior high and Thursday Feb 2nd for high school. Entry fees for the boys meets will be \$135.00 per team. Five or less lifters will be \$100.00. The girl meets will be \$100 per team. For 5 or less female lifters it will be \$85.



The high school boys meet will have two divisions: large school and small school. The junior high girls meet will have 5 weight divisions. The high school girls meet will lift according to the OGPCA weight divisions.

The junior high boys' meet will be broken up by grades; 7th graders will compete against 7th graders, 8th against 8th, and 9th against 9th. Medals will be given to the top 5 high school lifters and top 3 junior high boy lifters and top 5 junior high girls lifters for each class in each division. A team award will be given to both the girls teams and boys teams in the high school. In the junior high, team trophies will be given to the 7th grade boys, 8th grade boys, 9th grade boys, and junior high girls.

A hospitality room will be available for coaches. We will have a full concession stand with breakfast and lunch.

**A pre weigh-in is REQUIRED.**

The link to the pre weigh-in is [here](#). The pre weight-in sheet will be available from 8am-5pm the day before the meet. Junior high weigh-in will open at 8am on the Jan 31st, and high school weigh-in will open at 8am on the Feb 1st.

Coaches meeting will be held at 8:30 am.

Lifting will begin at 9:00 am on both days.

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

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

Junior High Girls Weight Classes: 108-121-136-150-165-181-HWT

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

Please make all checks payable to Ringling Football.

Thank you,

Phil Koons: 405-326-1241  
Head Powerlifting Coach

Kyle Bentley: cell (580)-216-6997 Email: kbentley@ringling.k12.ok.us  
Meet Director

2022 Blue Devil Invitational  
Junior High / High School Powerlifting Meet  
Ringling High School  
OK-89 & Oak St, Ringling,  
OK 73456

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

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

We, the undersigned, agree not to hold the Ringling 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)

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.