

Coach,

**The 7th Annual Bethel Wildcat Powerlifting meets will be Wednesday January 28th, 2026 for High School & JH Girls; Thursday January 29th, 2026 for Junior High Boys, and Friday January 30th, 2026 for Small & Large School High School Boys**

**This year's meet will once again be held at the Firelake Arena**

**18145 Old Rangeline Road**

**Shawnee, Oklahoma 74801**

Entry fees for all meets will be \$200.00 per team, Five or less lifters will be \$150.00. For the Boys high school meet, medals will be given to the top 5 lifters in each weight class/division. Team champions and team runner-ups will be awarded in the Small and Large school divisions.

The Girls Meet will be broken up by Large & Small School Divisions for High School Lifters and Junior High Division for our Junior High Divisions. We will have team championship and runner up plaques for High School Large & Small Divisions, and a Team Champion Plaque for Junior High Girls. We will Medal top 5 lifters for Small School, Large School, & Junior High Divisions.

The Boys junior high meet will be broken up by grades, 7th graders will compete against 7th graders, 8th graders against 8th, and 9th graders against 9th. We will also give a 7th, 8th, and 9th team championship plaques Medals will be given to the top 5 lifters in each weight class.

A hospitality room will be available for the coaches. There will be a full concession for the lifters. No ice chests will be allowed in the gym. Lifters should bring a couple of dollars to cover breakfast and concession costs. We will also have T-Shirts available for purchase on the Day of the Meet.

A pre Weigh-in will be REQUIRED. There will be a coaches' meeting at 8:30. Lifting will begin at 9:00 a.m. on all days.

**Please RSVP before filling out the Meet Entry Form found on the OPCA Website if you plan to attend either the girls, junior high or high school days or all 3 days.**

Meet Entry Form- Please fill out the meet entry form on the OPCA & OGPCA Website by Monday January 27th by 3:30 pm so we can get the card made for the meet.

**Please make checks payable to Bethel Athletics.**

Sincerely,

Coach Joey Ginn

Any Questions, or to RSVP please contact me at:

(405) 623-8960 or [ginnj@bethel.k12.ok.us](mailto:ginnj@bethel.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**

# **WILDCAT POWER**



## **2026 7th Annual Bethel Wildcat Powerlifting Meet**

Bethel Powerlifting Meet

Located at the Firelake Arena

**18145 Old Rangeline Road**

**Shawnee, Oklahoma 74801**

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

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

We, the undersigned, agree not to hold the Oklahoma Powerlifting Coaches Association and/or Bethel 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

\_\_\_\_\_  
(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.