



Coach,

The 1st Annual Tishomingo Powerlifting meets will be Thursday, February 23rd for the Junior High, Friday, February 24th for High School. Entry fees for all meets will be \$150.00 per boys team, and \$100 per girls team. Five or less lifters will be \$125.00. Five or less Female Lifters will be \$85.

For the high school meet, medals will be given to the top 5 lifters in each weight class/division. Team champions as well as team runner-ups will be awarded in the small and large high school divisions, as well as, girls division. The 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, and a Girls Division. We will also give a 7th, 8th, and 9th team championship plaque. Medals will be given to the top 3 lifters in each weight class, and top 10 lifters in each Girls' Division weight class. A hospitality room will be available for the coaches. (If you want to bring a H.S student to judge on Thursday for the Middle School that would be great) 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 Thursday at 2 to 4pm. There will be a coaches' meeting at 8:30. Lifting will begin at 9:00 a.m. on both days. Please call and confirm if you plan to attend either the junior high or high school meet or both meets. Please make checks payable to Tishomingo Powerlifting.

Sincerely, Coach Scott O'Hara

Any Questions, please contact me at: (405) 589-1955 or sohara@tishomingo.k12.ok.us

J.H. Weights: 105-114-123-132-145-157-168-181-198-220-HWT

JH Girls Weights: Lightweight Division: 136 and Below; Heavyweight Division: 150 and above

H.S. Weights: 123-132-145-157-168-181-198-220-242-275-HWT HS

Girls Weights: 108-121-136-150-181-198-220-HWT

"BE THE CHANGE"