

1st Annual Miami Wardog Invitational Powerlifting Meet

Location: Miami Civic Center (129 5th Ave NW, Miami, OK 74354)

Dates:

HS/JH Girls:	Wednesday, January 20th, 2027
Junior High (7th Grade & 8th Grade):	Thursday, January 21st, 2027
9th Grade & High School:	Friday, January 22nd, 2027

Entry fees for all meets will be:

- \$150.00 per team.
- Teams with five or less lifters will be \$100.

All boy lifters will compete under the rules of the **Oklahoma Powerlifting Coaching Association**, and all girl lifters will compete under the rules of the **Oklahoma Girls Powerlifting Coaching Association**. The junior high boys' meet will be separated by grade: 7th, 8th, & 9th. The 9th grade will compete under the high school weight divisions, on the high school meet date.

For the high school boys and girls meets, medals will be awarded to the top **five** lifters in each weight class and division. For the junior high boys and girls meets, medals will be given to the top **three** lifters in each weight class. For the high school meets, team champions and runners-up will be recognized in the small-school, large-school, and girls' divisions. Team championships will be awarded for the JH Girls, 7th, 8th, and 9th grades, respectively.

Weight Classes:

- JH Girls Weights: 97 – 105 – 113 – 123 – 132 – 143 – 155 – 168 – 181 – HWT
- HS Girls Weights: 105 – 113 – 123 – 132 – 143 – 155 – 168 – 181 – 198 – 220 – HWT
- JH Weights: 114 - 123 - 132 - 145 - 157 - 168 - 181 - 198 - 220 - 242 - HWT
- HS Weights: 123 - 132 - 145 - 157 - 168 - 181 - 198 - 220 - 242 - 275 - HWT

A hospitality room will be available for coaches, and a full concession stand will be available for lifters. **NO ICE CHESTS** will be allowed in the gym. Lifters should bring money for breakfast and concession items. T-shirts will also be available for purchase on the day of the meet.

A pre-weigh-in is required. Early weigh-in will be held from **5:00 - 7:00 pm** the day before the meet. The day of the meet. Weigh-ins will begin at **7:00 am**. There will be a coaches' meeting at **8:30 am**, and lifting will begin at **9:00 am** on all days. Please call to confirm whether you plan to attend the girls meet, the junior high meet, the high school meet, or all three. Please make checks payable to **Miami Powerlifting**.

Sincerely,
Coach Adam Teal

If you have any questions, please contact:

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|----------------------------|-----------------|------------------|---|
| • Head Powerlifting Coach: | Adam Teal | 918-961-2326 (c) | Email: ateal@miamips.net |
| • Athletic Director: | Millie Gilion | 417-389-2193 (c) | Email: mgilion@miamips.net |
| • Powerlifting Coach: | Kelcee Henry | | Email: kenry@miamips.net |
| • Powerlifting Coach: | Aaron Ritchhart | | Email: aritchhart@miamips.net |



POWERLIFTING INJURY WAIVER

Miami Civic Center • 129 5th Ave NW • Miami, OK 74354

School: _____

Coach: _____

Name of Lifter: _____ Weight: _____

INJURY / LIABILITY WAIVER

We, the undersigned, agree not to hold the Oklahoma Powerlifting Coaches Association (O.P.C.A.) and/or Miami Public Schools, including their officials, employees, coaches, volunteers, or representatives, liable in the event of an accident, injury, or other incident arising from participation in the powerlifting competition, except to the extent liability cannot lawfully be waived. We further agree to abide by all rules and regulations established by the O.P.C.A.

Signature of Lifter

Signature of Parent/Guardian

Signature of Coach

IMPORTANT NOTES

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.