Coach,
The Cushing Pinnacle Powerlifting meet will be Thursday January 14 for JHigh girls and boys, and Friday January 15 for HS girls and boys.

This meet will be held in Cushing Field house
1700 E Walnut St, Cushing, OK 74023

Entry fees for all meets will be $150.00 per boys or girls team, Five or less lifters will be $125.00.
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.
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 and fill out our Google Form if you plan to attend either the junior high or high school meet or both meets.
Meet Entry Form- Please fill out the meet entry form by Monday January 11th by 3:30 pm so we can get the card made for the meet.
Meet Entry Form Please make checks payable to Cushing Athletics.

Sincerely,
Coach Josh Encinas
Any Questions, or to RSVP please contact me at:
(405) 332-1540 or joshua.encinas@cushing.k12.ok.us
or
Jaxon Douthit (405) 380-6412- jaxon.douthit@cushing.k12.ok.us
J.H. Weights: 105-114-123-132-145-157-168-181-198-220-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