

## 2nd ANNUAL CATOOSA INDIAN POWERLIFTING MEET

Coach,

The 2023 2nd Annual Catoosa Indian Powerlifting meets will be Thursday, Feb. 2nd for the Junior High, and Friday, Feb. 3rd for High School

### **Entry Fees:**

Entry fees for both meets will be \$150.00 per team. Five or less lifters will be \$125.00.

Entry fees for girls teams will be \$100.00 per team. Five or less lifters will be \$80.00

Checks can be made out to: Catoosa Athletics - Powerlifting

### **Weight Classes:**

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

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

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

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

The junior high meet will be broken up grades; 7th graders will compete against 7th graders, 8th graders will compete against 8th graders, 9th graders against 9th graders, and a girls division. Medals will be given to the top 3 lifters in each junior high school division. The high school boys meet will have two divisions: large school and small school. The high school girls meet will lift according to the OGPCA weight divisions.

### **PRE WEIGH-INS ARE REQUIRED.**

Please weigh your athletes and fill out the meet entry at [www.ofbcapowerlifting.com](http://www.ofbcapowerlifting.com) under the February Meets for Catoosa. Remember you can have no more than three (3) per weight class with their opening lifts.

**Please enter weigh-ins no later than Feb. 1st at 3:00pm so we can print cards.**

### **Hospitality Room:**

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 money to cover breakfast and concession costs.

Coaches meeting will be at 8:30am. Lifting will start at 9:00am.

Best,

Courtne St. Clair (580)656-6466  
Head Powerlifting

Grant Cheves (580)216-3660  
Assistant Powerlifting

Jesse Pannell (918)304-7765  
Weight Coordinator/Asst Powerlifting

If you have any questions, please contact me at: [cstclair@catoosa.k12.ok.us](mailto:cstclair@catoosa.k12.ok.us)