

Coach,

The 5th Annual Bethel Wildcat Powerlifting meets will be Wednesday January 31st, 2024 for Junior High Boys & Girls, Thursday, February 1st, 2024 for Small & Large School Boys & Girls.

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

18145 Old Rangeline Road

Shawnee, Oklahoma 74801

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 29th by 3:30 pm so we can get the card made for the meet.

[Meet Entry Form](#)

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

or

Brandon Blizzard

(405) 727-0763 - blizzardb@bethel.k12.ok.us

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

JH Girls Weights: 97-108-121-136-150-165-181-HWT

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

HS Girls Weights: 108-121-136-150-165-181-198-220-HWT

WILDCAT POWER



2023 5th 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.