



January 4, 2024

To: Head Football Coach/ Athletic Director

We invite you and your team to the 11th Annual Eagles HS/JH Invitational Power Lifting Meet. HS and JH Girls will be on Wednesday, February 21st, JH on Thursday, February 22nd, and HS on Friday, February 23rd. The cost will be \$150.00 per team, \$100.00 for 5 or less. **Please call and confirm if you plan to attend and we will get the rest of the information to you ASAP.**

We will accept the first 20 High Schools that confirm. The High School divisions will include schools 4A and down. 9th- 12th grade, with weight classes 123-132-145-157-168-181-198-220-242-275-SHWT. HS Girls weight classes will be 108-121-136-150-165-181-198- HWT. Team trophies and the top three individual placers will be awarded medals for each weight class.

We will accept the first 20 JH Schools that confirm. The weight classes for the JH Boys will be 105-114-123-132-145-157-168-181-198-220- SHWT. The weight classes for the JH Girls will be 97-108-121-136-150-165-181-HWT. Team trophies will be given for each division. Individuals will be awarded medals to the top three lifters in each weight class by grade.

Weigh-in will begin at 7:00 a.m. and end at 8:30 a.m., with a coaches meeting at 8:45 a.m. Participants will start lifting at 9:00 a.m. There will be a Hospitality Room for all coaches and administrators.

A full concession stand will be available for the lifters to eat. **ABSOLUTELY NO ICE CHESTS WILL BE ALLOWED IN THE GYM!**

Please make checks payable to AFTON HS ATHLETICS.

Thank you,

Corey Henry
Meet Coordinator
Afton Public Schools
chenry@aftonschools.net
Office: (918) 257-8305
Cell: (918) 533-3681

Dusty Henry
Assist. Powerlifting Coach
dhenry@aftonschools.net
Cell: (918) 533-2711

Kelcee Henry
Assist. Powerlifting Coach
khenry@aftonschools.net
Cell: (918) 533-4418