



HS Principal: Trey Kirkpatrick
405-329-1612

Athletic Director: Terry Rogers
405-579-2999

2nd Annual All American Liftathon

Coaches,

The 2nd Annual All American Liftathon will be held at the FireLake Arena in Shawnee on Tuesday, Jan 23rd for High School (Grades 9-12) and Wednesday, Jan 24th for Jr. High School (Grades 6-9). Like last year, we have partnered with the US Military to put on this meet. Military personnel will be responsible for judging and maintaining the racks. For Junior High competitors, awards will be given to the top 3 athletes in each weight class as well as the top teams. For High school competitors, awards will be given to the top 5 athletes in each weight class as well as the top teams in both the large and small school divisions.

Entry fees for all teams, male or female, at this meet will be \$150 per team.

Entry fees are \$125 for teams of five or less lifters.

A hospitality room will be available for coaches. There will be a full concession stand for athletes and other vendors present selling items such as event T-shirts and more. NO ice chests will be allowed in the facilities. Lifters should bring money for concessions or items they may want to purchase from vendors.

There will be no weigh in at the meet. Coaches will provide athletes weights the day before and prior to arrival for competition. Coaches meeting will be held in the hospitality room at 8:30. Lifting will begin after the meeting and by 9:00 on both days.

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: 97-108-121-136-150-165-181-HWT

Please don't hesitate to reach out with any questions and confirm your attendance to the meet for either day or both as well as a boys team, girls team, or both. Please make all checks payable to Little Axe Powerlifting. If you know of a vendor interested in setting up at the event, please have them contact Coach Roughface or Coach Sexton.

Thank you,

Meet Director
Steve Day
405-623-1303
coachday7@gmail.com

Head Powerlifting Coach
Alex Roughface
918-399-1422
alex.roughface@littleaxeps.org

Little Axe Athletic Director
Terry Rogers
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2nd Annual All American Liftathon
High School (Grades 10 - 12): Tuesday January 23rd, 2024
Junior High (Grades 6 - 9): Wednesday January 24th, 2024
The FireLake Arena
18145 Old Rangeline Rd, Shawnee, OK, 74801

Lifter: _____ Coach: _____
 School/Grade: _____ Weight: _____
 Cell Phone: _____ Email: _____

Are you interested in learning more about the United States Military, Military Academies, or ROTC Programs? (Circle) **Yes or No**

If so, what Branch or Branches would you like to learn more about? (Circle)

All Branches Army National Guard Marines Navy Air Force/Space Force Coast Guard

We, the undersigned, agree not to hold the Little Axe Public Schools (administration, faculty or staff), the U.S. military and its service members, or the Firelake Arena and its staff liable in the event of an injury or accident. We further agree to abide by all rules, regulations, and expectations of the meet. We also understand that the media may be present at the meet and photos or videos may be shared on TV, social media, or elsewhere.

Lifter Signature: _____ Parent Signature: _____
 Coach Signature: _____

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.
3. Media may be present at the meet and videos or pictures may be shared on social media, TV, or elsewhere.
4. Athletes will have information provided to the military as required by law.