



3rd Annual Little Axe Powerlifting Meet

Coaches,

The 3rd Annual Little Axe Powerlifting meet will be held at the FireLake Arena in Shawnee on Tuesday, Jan 21st for Junior High (Grades 7-9) and Wednesday, Jan 22nd for High School (Grades 10-12).

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/female & JH/HS, 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:

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

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

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.

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

580-504-9808

terry.rogers@littleaxeps.org

3rd Annual Little Axe Powerlifting Meet
Junior High (Grades 7 - 9): Tuesday January 21st, 2025
High School (Grades 10 - 12): Wednesday January 22nd, 2025

The FireLake Arena
18145 Old Rangeline Rd, Shawnee, OK, 74801

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

We, the undersigned, agree not to hold the Little Axe Public Schools (administration, faculty or staff), 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.