



Waukomis Public Schools

209 W. Locust
Waukomis, OK

WAUKOMIS POWERLIFTING MEET

Coaches,

Waukomis HS would like to welcome schools **2A and below** to our 1st annual powerlifting meet. Junior High boys and girls will be Thursday, February 6th and High school boys and girls will be Friday, February 7th.

Entry Fees:

Entry fees for both meets will be \$150 per team. Five or less lifters will be \$125. Entry fees for girls teams will be \$100 per team. Five or less lifters will be \$80.

Pre weigh-in will be required. You will need to go to ofbcapowerlifting.com and enter your athletes no later than 3:00 pm on February 3rd. Please weigh your kids and put them in the appropriate weight class. **Remember you may only have 3 lifters per class.**

We will have a coaches meeting at 8:30 a.m. shortly before the meet begins at 9:00 a.m. There will be a hospitality room provided for all coaches and administrators. There will also be a full concession stand for breakfast and lunch for lifters to eat. **Ice Chests or outside food will not be allowed in the Gym.**

The JH boys will be broken up by grade and will medal top 3: 7th against 7th, 8th against 8th, 9th against 9th. Girls will be 7-9 and medal top 5.

HS will medal top 3 for both.

- Please make checks payable to **Waukomis Football**
- To enter your team: go to ofbcapowerlifting.com, click on the 2025 February tab, click on the Waukomis entry form and then enter your athletes.

Please feel free to contact us about any questions or concerns at:

Rustin Donaldson- 405-683-1948

rustindonaldson@waukomis.k12.ok.us

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

JH Boys Weights 105-114-123-132-145-157-168-181-198-220-HWT

HS Boys Weights 123-132-145-157-168-181-198-220-242-275-HWT

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