



2nd Annual Jones Powerlifting Meet

Coach,

The Jones High School Powerlifting Meet will be Thursday, January 16th, 2024 for Junior High Boys and Girls. Friday, January 17th, 2024 for the High school Boys & Girls, This year's meet will be held at Jones High School 304 Dr. Lee Simmons Jones, OK 73049.

Entry fees for all meets will be \$150.00 per 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 upstairs. 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. There will be a coaches' meeting at 8:30. Lifting will begin at 9:00 a.m. on all days. Please fill out our Google Form if you plan to attend either the junior high or high school meet or both meets. There will be no weigh -ins at the meet. Coaches will provide that information on the meet entry forms. Meet Entry Form- Please fill out the meet entry form by Tuesday Feb.6th by 3:30 pm so we can get the cards made for the meet. Meet Entry Form Please make checks payable to Jones Schools.

Sincerely, Coach Ted Dorrell Any Questions, please contact me at (405) 473-3258 or tdorrell@jonesps.org.

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

JH Girls Weights: 108-121-136-150-165-181-198-220-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 2023

This meet is capped at 400 lifters per day. You must call or email and confirm your attendance to High School, Junior High, or both meets. Please let me know how many coaches and lifters you will bring. Once full I will form a wait list in case someone drops.



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Located at Jones High School

304 Dr. Lee Simmons

Jones, OK 73049

School: _____ Coach: _____

Name of Lifter: _____ Weight: _____

Grade: _____ Gender: M or F

We, the undersigned, agree not to hold the Oklahoma Powerlifting Coaches Association and/or Jones 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.