



Sharon-Mutual Powerlifting

Head Coach Brad Shryock

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8-Man Powerlifting Championship Meet

Coaches,

Sharon-Mutual High School is excited to be hosting the 8-Man powerlifting meet on Wednesday February 19th. The meet will be held in the School gymnasium in Mutual. Mutual is approximately 20 miles southeast of Woodward.

All OFBCA rules will be observed for this meet. Those rules can be found on the Mcloud public school website; click athletics tab then high school and find powerlifting. It is important that you familiarize yourself with the rules as the coaches will be asked to judge the meet. We will use three judges on squat and one judge on bench and deadlift.

This is the state meet for 8-Man football playing schools so we will do our best to ensure that this meet is held to a high standard. For this reason all weigh in will be done here the evening before or the morning of the lift meet. Early weigh in will be at 5:30p.m. to 7:30p.m. Tuesday 18th. Weigh in on Wednesday 19th will be from 6:30a.m. to 8:30a.m. (Breakfast will be available to purchase in the morning)

There will be a hospitality room available for the coaches and a full concession for the lifters. All food and drinks need to be kept in the stands or in the commons area not on the gym floor.

There will be coaches meeting at 8:30a.m. and the lifting will begin at 9:00a.m.

Entry fee will be \$125 per team or \$25 per lifter. Make checks payable to Sharon-Mutual football.

Awards will be given for outstanding lifters in squat, bench, deadlift and over-all lifter. Plaques will be given to the team champion and runner up. Individual medals will be given through 5th place of each weight division.

My contact information is above if you would let me know how many lifters you plan to bring to help with concession and breakfast preparations.



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