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The Paper

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Adair begins defense of state title Thursday night

No. 2-ranked Adair Lady Warriors open defense of the Class 3A State Championship against the No. 12-ranked Morris Lady Eagles at 8:30 p.m. Thursday at Choctaw.

The winner advances to semi finals at 1:30 p.m. Friday vs. Millwood/ Sequoyah winner. (Oklahoma City Millwood is ranked

No. 4; Tahlequah Sequoyah is ranked No. 10)

The semi final winner advances to the championship finals at 7:30 p.m. Saturday at State Fair Arena in Oklahoma City against survivor among No. 1 Kansas, No. 5 Tishomingo, No. 9 Prague and unranked Perry.

LG power lifters win Regional crown



LOCUST GROVE'S REGIONAL CHAMPION POWER LIFTERS

PRAGUE - Defending state champion Dylan Hood led Locust Grove to a Class 4A Regional championship in power lifting here Saturday.

Gavin Fox (123), Trey Conner (157) and Brett Russell (220) also qualified for State.

Hood, at 123 pounds, won his weight class and more - selected as Outstanding Lifter in Lightweight Squat, Outstanding Lifter in Lightweight Deadlift, and Outstanding Lifter in Lightweight Large-School Division.

Fox and Conner were runner-up at their weights, and Russell placed third.

The Pirates won the 4A division at Regionals and also received the runner-up Large School trophy.