

## **2019 LHSPLA BAYOU REGIONAL POWERLIFTING MEET**

**DATE:** SATURDAY, FEBRUARY 23rd, 2019

**MEET DIRECTOR:** TONY PAINE

**LOCATION:** ASSUMPTION HIGH SCHOOL

**ELIGIBILITY:** EACH LIFTER MUST BE ELIGIBLE UNDER CURRENT LHSAA ELIGIBILITY RULES.

**ENTRY FEES:** \$20 PER LIFTER PLUS A \$50 TEAM FEE PER SCHOOL. ALL ENTRIES MUST BE PAID BY SCHOOL CHECK. THIS FEE MAY ACCOMPANY THE ENTRY FORM OR CAN BE PAID AT THE TIME OF THE WEIGH-IN.

**PLEASE MAKE ALL CHECKS FOR ENTRY FEES PAYABLE TO AHS POWERLIFTING**

**ALL FORMS CAN BE DOWNLOADED FROM THE LHSPLA WEBSITE AT [WWW.LHSPLA.ORG](http://WWW.LHSPLA.ORG).**

### **RETURN OF ENTRIES FORMS/HEALTH INSURANCE INFORMATION AND MEET WAIVER FORMS:**

ALL ENTRY FORMS **MUST** BE RETURNED BY **WEDNESDAY, FEBRUARY 13<sup>TH</sup>, 2019**. E-MAIL YOUR FORMS TO [apaine@assumptionschools.com](mailto:apaine@assumptionschools.com)

ALL **PROPERLY** FILLED OUT LHSPLA HEALTH INSURANCE INFORMATION FORM/MEET WAIVER FORMS **MUST** BE RETURNED BY **WEDNESDAY, FEBRUARY 13<sup>th</sup>, 2019**.

LHSPLA INSURANCE INFORMATION/MEET WAIVER FORMS  
- **HAVE TO BE SIGNED BY PARENT/GUARDIAN AND COACH** -

**\*\* ONLY HAVE TO BE TURNED IN ONCE FOR THE SEASON \*\***

**FAXED OR PHOTOCOPIES OF WAIVERS WILL NOT BE ACCEPTED**

**NUMBER OF ENTRIES:** EACH BOYS TEAM CAN HAVE NO MORE THAN ELEVEN (11) LIFTERS PER TEAM. EACH GIRLS TEAM CAN HAVE NO MORE THAN ELEVEN (11) LIFTERS PER TEAM. A SCHOOL CANNOT BE REPRESENTED BY MORE THAN TWO (2) LIFTERS PER WEIGHT CLASS. EACH BOYS TEAM CAN BE REPRESENTED BY LESS THAN ELEVEN (11) LIFTERS, AND EACH GIRLS CAN BE REPRESENTED BY LESS THAN ELEVEN (11) LIFTERS.

EACH LIFTER IS REQUIRED TO PRODUCE A PROPERLY FILLED OUT AND SIGNED LHSPLA HEALTH INSURANCE INFORMATION/MEET WAIVER FORM BEFORE THEY WILL BE ALLOWED TO COMPETE IN THE NORTH REGIONAL CHAMPIONSHIP MEET.

**WEIGHT CLASSES:** BOYS: 114.5 AND BELOW, 123.5, 132.3, 148.8, 165.3, 181.8, 198.3, 220.3, 242.5, 275.5, AND 275.5 AND ABOVE(SHW).

GIRLS: 97 AND UNDER, 105.8, 114.5, 123.5, 132.3, 148.8, 165.3, 181.8, 198.3, 220.3, AND 220.3 AND ABOVE (SHW).

**FORMAT:** THE THREE LIFTS WHICH MAKE UP THE FORMAT OF THE MEET ARE THE SQUAT, BENCH PRESS, AND THE DEADLIFT. THREE LIFTS OR ATTEMPTS PER CONTESTANT ON EACH LIFT. THE LIFTER MUST COMPLETE AT LEAST ONE SUCCESSFUL LIFT IN EACH OF THE THREE LIFTS TO CONTINUE LIFTING IN THE MEET. THE BEST SUCCESSFUL LIFT WILL BE COUNTED TOWARD THE LIFTERS TOTAL. A WINNER IN EACH WEIGHT CLASS WILL BE DETERMINED BY THE TOTAL WEIGHT LIFTED IN THE THREE LIFTS. IN THE EVENT OF A TIE WITHIN A WEIGHT CLASS BODYWEIGHT WILL DETERMINE THE WINNER. LIFTING WILL BE CONDUCTED USING THE ROUNDS SYSTEM.

**UNIFORMS:** **ALL TEAM MUST BE DRESSED IN A ONE PIECE LIFTING SUIT OR SINGLET. BELTS ARE NOT TO EXCEED 4 INCHES IN WIDTH. MUST WEAR KNEE LENGTH SOCKS WHEN DEADLIFTING.**

**EACH SCHOOL IS REQUIRED TO TURN IN A SIGNED LHSPLA UNIFORM AND EQUIPMENT WAIVER FORM STATING THAT THEY HAVE READ AND UNDERSTAND THE INFORMATION CONTAINED IN SECTION III OF THE TECHNICAL RULES OF THE LOUISIANA HIGH SCHOOL POWERLIFTING ASSOCIATION.**

**AWARDS:** MEDALS WILL BE AWARDED TO THE 1<sup>ST</sup> – 3<sup>RD</sup> PLACE FINISHERS IN EACH WEIGHT CLASS,

AN OUTSTANDING LIFTER TROPHY WILL BE AWARDED TO THE BEST LIFTERS IN THE LIGHT AND HEAVY DIVISIONS FOR BOTH THE GIRLS AND BOYS DIVISIONS. REGIONAL CHAMPION AND REGIONAL RUNNER-UP AWARDS WILL GIVEN FOR BOTH BOYS AND GIRLS TEAMS.

**TEAM SCORING:** 7-5-3-2-1 ARE THE POINTS TO BE AWARDED FOR 1ST THROUGH 5TH PLACE.

**T-SHIRTS:** \$20.00 BAYOU REGIONAL T-SHIRTS WILL BE SOLD - SIZES S-M-L-XL-2X-3X

**ADMISSION:** \$7 PER PERSON FOR THE NORTH REGIONAL MEET.

A CONCESSION STAND WILL BE IN OPERATION DURING THE DURATION OF THE MEET.

**NO OUTSIDE FOOD, DRINKS OR ICE CHESTS WILL BE ALLOWED INTO THE GYM**

IF YOU HAVE ANY QUESTIONS CONCERNING THE BAYOY REGIONAL POWERLIFTING CHAMPIONSHIP MEET PLEASE FEEL FREE TO CALL COREY BOURG AT 985.860.6514 FOR INFORMATION.

**PLEASE RETURN ALL ENTRY FORMS BY WEDNESDAY, FEBRUARY 13<sup>TH</sup>, 2019, E-MAIL THEM TO [apaine@assumptionschools.com](mailto:apaine@assumptionschools.com)**

IF MAILING YOUR ENTRIES:

TONY PAINE  
ASSUMPTION HIGH SCHOOL  
4880 HWY 308  
NAPOLEONVILLE, LA. 70390

**LHSPLA GIRLS AND BOYS BAYOU REGIONAL POWERLIFTING MEET SATURDAY, FEBRUARY 23<sup>rd</sup>, 2018**

**ASSUMPTION HIGH SCHOOL**

**BOYS/GIRLS' EARLY WEIGH-IN:**

**FRIDAY, FEBRUARY 22<sup>nd</sup> : 6:00 – 8:00 P.M.**  
P.E. LOCKER ROOM – GYM

**BOYS/GIRL'S REGULAR WEIGH-IN:**

**SATURDAY, FEBRUARY 23<sup>rd</sup> : 6:30-8:00 A.M.**  
P.E. LOCKER ROOM - GYM

**BOYS/GIRLS' COACHES MEETING:**

**SATURDAY, FEBRUARY 23<sup>RD</sup>: 8:00 A.M.**  
HOSPITALITY ROOM

**OFFICIAL'S MEETING:**

**SATURDAY, FEBRUARY 23<sup>RD</sup>: 8:00 A.M.**  
HOSPITALITY ROOM

**WARM-UP 1<sup>ST</sup> FLIGHT:**

**SATURDAY, FEBRUARY 23<sup>RD</sup>: 8:00 - 8:45 A.M.**

**1<sup>ST</sup> FLIGHT LIFTERS REPORT  
TO PLATFORMS:**

**SATURDAY, FEBRUARY 23<sup>RD</sup>: 8:45 A.M.**

**INVOCATION/ANTHEM:**

**SATURDAY, FEBRUARY 23<sup>RD</sup>: 8:55 A.M.**

**BOYS/GIRLS LIFTING STARTS:**

**SATURDAY, FEBRUARY 23<sup>RD</sup>: 9:00 A.M.**

**BOYS/GIRLS AWARDS CEREMONY:**

**SATURDAY, FEBRUARY 23<sup>RD</sup>: APPROX. 5 P.M.**