

2019 Central Regional Powerlifting Meet Information

Date: February 22, 2019 Girls February 23, 2019 Boys

Time: Girls February 22, 2019 2:00 pm-until

Boys February 23, 2019 9:00 am-until

Location: Bolton High School Gymnasium

2101 Vance Ave Alexandria, La 71303

Weigh ins: February 21, 2019 (Girls) 6:00 pm-8:00 pm

February 22, 2019 (Girls) 11:00 pm-1:00 pm

Girls Coaches meeting February 22, 2019 1:00 pm

February 22, 2019 (Boys) 6:00 pm-8:00 pm

February 23, 2019 (Boys) 6:00 am-8:00 am

Boys Coaches meeting at 8:00 am

Bus Parking:

Buses will park behind Gymnasium in student parking lot. (We will have signs up.)

Spectator Parking: Parking lot in front of gymnasium on the right side of the school.

Admission: \$7.00 per person/day 5-under free. \$12.00 weekend pass.

Hospitality Room: We will have a hospitality room available both days for Coaches. Coaches meetings will take place here.

Warm Up Room: We will have signs available for direction to room. We will have someone helping monitor.

Concession: We will be running a concession stand each day. We will also have some plates available for sale each day.

T-Shirts- We will have T-shirts on sale. Long sleeve and short \$20.00 per shirt.

Singlets required for Regional Competition.

Openers: Please send by email openers to Krystle Coleman
Krystle.Coleman@rpsb.us.

NO LATER than 2/14/2019

Entry fee: \$50.00 school fee/\$20.00 per lifter. Please make checks out to Bolton High School.

GOOD LUCK TO EVERYONE!!