

2019 LHSPLA EAST REGIONAL POWERLIFTING MEET

DATE: Girls- FEBRUARY 22nd, 2019 & Boys- FEBRUARY 23rd, 2019

MEET DIRECTORS: JOE RYAN LOCATION: DENHAM SPRINGS FRESHMAN HIGH SCHOOL

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

ENTRY FEES: **\$20 PER LIFTER PLUS A \$50.00 TEAM FEE PER SCHOOL (BOYS/GIRLS TOGETHER)**

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**

DENHAM SPRINGS HIGH SCHOOL

REGISTRATION AND ENTRY FORMS CAN BE DOWNLOADED FROM THE LHSPLA WEBSITE AT WWW.LHSPLA.ORG.

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

ALL ENTRY FORMS **MUST** BE RETURNED BY **WEDNESDAY, FEBRUARY 20TH, 2019**. E-MAIL YOUR FORMS TO coachjoeryan36@gmail.com. IF MAILED THEY MUST BE POSTMARKED BY **WEDNESDAY, FEBRUARY 20TH, 2019**.

ALL PROPERLY FILLED OUT LHSPLA HEALTH INSURANCE INFORMATION FORM/MEET WAIVER FORMS **MUST** BE RETURNED BY **WEDNESDAY, FEBRUARY 13TH, 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 EAST REGIONAL CHAMPIONSHIP MEET.

FAXED OR PHOTOCOPIES OF LHSPLA INSURANCE INFORMATION/ MEET WAIVER FORMS WILL NOT BE ACCEPTED

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 SHIN 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 1ST – 3RD 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.

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

T-SHIRTS: EAST REGIONAL T-SHIRTS WILL BE SOLD - SIZES S-M-L-XL-XXL-XXXL

ADMISSION: \$7 PER PERSON FOR THE EAST 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 EAST REGIONAL POWERLIFTING CHAMPIONSHIP MEET PLEASE FEEL FREE TO CALL **JOE RYAN- 225-788-6769** FOR INFORMATION.

PLEASE RETURN ALL ENTRY FORMS BY WEDNESDAY, FEBRUARY 20TH, 2019, E-MAIL THEM TO COACHJOERYAN36@GMAIL.COM

IF MAILING YOUR ENTRIES:

JOE RYAN
DENHAM SPRINGS HIGH SCHOOL
1000 N. RANGE AVE
DENHAM SPRINGS, LA, 70726

MEET SCHEDULE LISTED ON NEXT PAGE **MAP OF LIFTING AREA WILL BE SENT** **DIRECTLY TO EAST REGIONAL SCHOOLS**

LHSPLA GIRLS' EAST REGIONAL POWERLIFTING MEET – FEBRUARY 21ST/22ND, 2019
DENHAM SPRINGS HIGH SCHOOL

GIRLS' EARLY WEIGH-IN: **THURSDAY, FEBRUARY 21ST** – 4:00 – 6:00 P.M.
GIRLS - P.E. LOCKER ROOM

GIRLS' WEIGH-IN: **FRIDAY, FEBRUARY 22ND** – 3:00 – 4:15:00 P.M.
GIRLS – P.E. LOCKER ROOM

GIRLS' COACHES MEETING: **FRIDAY, FEBRUARY 22ND** – 4:00 P.M.
HOSPITALITY ROOM

GIRLS' OFFICIAL'S MEETING: **FRIDAY, FEBRUARY 22ND** – 4:00 P.M.
HOSPITALITY ROOM

WARM-UP – 1ST FLIGHT: **FRIDAY, FEBRUARY 22ND** – 4:15 – 4:45 P.M.
WEIGHT ROOM

1ST FLIGHT LIFTERS REPORT
TO PLATFORMS
FOR RULES BRIEFING: **FRIDAY, FEBRUARY 22ND** – 4:45 P.M.
MAIN GYM

LIFTING STARTS: **FRIDAY, FEBRUARY 22ND** – 5:00 P.M.
MAIN GYM

LHSPLA BOYS' EAST REGIONAL POWERLIFTING MEET – FEBRUARY 22ND/23RD, 2019
DENHAM SPRINGS HIGH SCHOOL

BOYS' EARLY WEIGH-IN: **FRIDAY, FEBRUARY 22ND** – 6:00 – 8:00 P.M.
BOYS – P.E. LOCKER ROOM

BOYS' WEIGH-IN: **SATURDAY, FEBRUARY 23RD** – 7:00 A.M. – 9:00 A.M.
BOYS – P.E. LOCKER ROOM

BOYS' COACHES MEETING: **SATURDAY, FEBRUARY 23RD** – 9:00 A.M.
HOSPITALITY ROOM

BOYS' OFFICIAL'S MEETING: **SATURDAY, FEBRUARY 23RD** – 9:00 A.M.
HOSPITALITY ROOM

WARM-UP – 1ST FLIGHT: **SATURDAY, FEBRUARY 23RD** – 9:15 – 9:45 A.M.
WEIGHT ROOM

1ST FLIGHT LIFTERS REPORT
TO PLATFORMS
FOR RULES BRIEFING: **SATURDAY, FEBRUARY 23RD** – 9:45 A.M.
MAIN GYM

LIFTING STARTS: **SATURDAY, FEBRUARY 23RD** – 10:00 A.M.
MAIN GYM