

## **2019 LHSPLA NORTH REGIONAL POWERLIFTING MEET**

**DATE:** **FRIDAY, FEBRUARY 22<sup>ND</sup>, 2019 (Girls) and SATURDAY, FEBRUARY 23<sup>RD</sup>, 2019 (Boys)**

**MEET DIRECTOR:** JOSH BARHAM

**LOCATION:** DELHI CHARTER 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 DELHI CHARTER SCHOOL.**

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

2018-19 DATES	CALENDAR WEEK	ACTIVITY
Wednesday, August 08, 2018 - Sunday, November 18, 2019	6th - 21st	Weight training/conditioning permitted. No practice/contests allowed.
Monday, November 19, 2018	21st	1st Practice (Medical, parent's' permission, and substance misuse forms must be on file.
<b>Saturday, December 1, 2018</b>	<b>22nd</b>	<b>LHSPLA Registration Forms/Fees Due</b>
Monday, December 10, 2018	24th	1st Regular Season Meet (Eligibility must be filed online.)
Monday, January 14, 2019	29th	Deadline for submitting GPAs online for seniors for All-Academic
<b>Wednesday, February 13, 2019</b>	<b>33rd</b>	<b>Entries/Intent to Enter Regional Meets – All Regions. LHSPLA/LHSAA Insurance Information/Meet Waivers Due</b>
Friday, February 23 <sup>rd</sup> , 2019 Saturday, February 24, 2019	34th	LHSPLA Regional Meets – West – UL-Lafayette East – Denham Springs South – Pope John Paul II North- Delhi Charter Central – Bolton Bayou – Assumption
Tuesday, March 12, 2019	37th	Entries to State Meet Due
Thursday, March 14, 2019 Friday, March 15, 2019 Saturday, March 16, 2019	37th	LHSPLA State Meet – ALEXANDRIA
Sunday, March 17, 2019 Saturday, May 11, 2019	38th - 45th	Weight training/conditioning permitted. No practice/contests allowed.
Monday, May 13, 2019	46th	Summer Rules Begin

### **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 [josh.barham@delhicharterschool.org](mailto:josh.barham@delhicharterschool.org)

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 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 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:** \$15 NORTH 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 NORTH REGIONAL POWERLIFTING CHAMPIONSHIP MEET PLEASE FEEL FREE TO CALL JOSH BARHAM AT 318.376.0252 FOR INFORMATION.

**PLEASE RETURN ALL ENTRY FORMS BY WEDNESDAY, FEBRUARY 13TH, 2019, E-MAIL THEM TO [josh.barham@delhicharterschool.org](mailto:josh.barham@delhicharterschool.org)**

IF MAILING YOUR ENTRIES, PLEASE NOT THEY MUST BE **RECEIVED** BY THE DATE ABOVE:

Josh Barham  
Delhi Charter School  
6940 Highway 17  
Delhi, LA 71232

**LHSPLA GIRLS' NORTH REGIONAL POWERLIFTING MEET FRIDAY, FEBRUARY 22<sup>ND</sup>, 2019**  
**DELHI CHARTER SCHOOL**

<u>GIRLS' EARLY WEIGH-IN:</u>	<b><u>THURSDAY, FEBRUARY 21<sup>ST</sup>: 6:00 – 8:00 P.M.</u></b> GIRLS' P.E. LOCKER ROOM – DCS GYMNASIUM
<u>GIRL'S REGULAR WEIGH-IN:</u>	<b><u>FRIDAY, FEBRUARY 22<sup>ND</sup>: 8:30-10:30 A.M.</u></b> GIRLS' P.E. LOCKER ROOM – DCS GYMNASIUM
<u>GIRLS' COACHES MEETING:</u>	<b><u>FRIDAY, FEBRUARY 22<sup>ND</sup>: 11:30 A.M.</u></b> HOSPITALITY ROOM – CLASSROOM D-8
<u>OFFICIAL'S MEETING:</u>	<b><u>FRIDAY, FEBRUARY 22<sup>ND</sup>: 11:30 A.M.</u></b> HOSPITALITY ROOM – CLASSROOM D-7
<u>WARM-UP 1<sup>ST</sup> FLIGHT:</u>	<b><u>FRIDAY, FEBRUARY 22<sup>ND</sup>: 12:00 - 12:45 P.M.</u></b> DELHI CHARTER WEIGHT ROOM
<u>1<sup>ST</sup> FLIGHT LIFTERS REPORT TO PLATFORMS:</u>	<b><u>FRIDAY, FEBRUARY 22<sup>ND</sup>: 12:45 P.M.</u></b> DELHI CHARTER GYMNASIUM
<u>INVOCATION/ANTHEM:</u>	<b><u>FRIDAY, FEBRUARY 22<sup>ND</sup>: 12:55 P.M.</u></b> DELHI CHARTER GYMNASIUM
<u>GIRLS' LIFTING STARTS:</u>	<b><u>FRIDAY, FEBRUARY 22<sup>ND</sup>: 1:00 P.M.</u></b> DELHI CHARTER GYMNASIUM
<u>GIRLS' AWARDS CEREMONY:</u>	<b><u>FRIDAY, FEBRUARY 22<sup>ND</sup>: APPROX. 6 P.M.</u></b> DELHI CHARTER GYMNASIUM

**LHSPLA BOYS' NORTH REGIONAL POWERLIFTING MEET SATURDAY, FEBRUARY 23<sup>RD</sup>, 2019**  
**DELHI CHARTER SCHOOL**

<u>BOYS' EARLY WEIGH-IN:</u>	<b><u>FRIDAY, FEBRUARY 22<sup>ND</sup>: 6:00 – 8:00 P.M.</u></b> BOYS' P.E. LOCKER ROOM – DCS GYMNASIUM
<u>BOYS' REGULAR WEIGH-IN:</u>	<b><u>SATURDAY, FEBRUARY 23<sup>RD</sup>: 6:30-8:00 A.M.</u></b> BOYS' P.E. LOCKER ROOM – DCS GYMNASIUM
<u>BOYS' COACHES MEETING:</u>	<b><u>SATURDAY, FEBRUARY 23<sup>RD</sup>: 8:00 A.M.</u></b> HOSPITALITY ROOM – CLASSROOM D-8
<u>OFFICIAL'S MEETING:</u>	<b><u>SATURDAY, FEBRUARY 23<sup>RD</sup>: 8:00 A.M.</u></b> HOSPITALITY ROOM – CLASSROOM D-7
<u>WARM-UP 1<sup>ST</sup> FLIGHT:</u>	<b><u>SATURDAY, FEBRUARY 23<sup>RD</sup>: 8:00 - 8:45 A.M.</u></b> DELHI CHARTER WEIGHT ROOM
<u>1<sup>ST</sup> FLIGHT LIFTERS REPORT TO PLATFORMS:</u>	<b><u>SATURDAY, FEBRUARY 23<sup>RD</sup>: 8:45 A.M.</u></b> DELHI CHARTER GYMNASIUM
<u>INVOCATION/ANTHEM:</u>	<b><u>SATURDAY, FEBRUARY 23<sup>RD</sup>: 8:55 A.M.</u></b> DELHI CHARTER GYMNASIUM
<u>BOYS' LIFTING STARTS:</u>	<b><u>SATURDAY, FEBRUARY 23<sup>RD</sup>: 9:00 A.M.</u></b> DELHI CHARTER GYMNASIUM
<u>BOYS' AWARDS CEREMONY:</u>	<b><u>SATURDAY, FEBRUARY 23<sup>RD</sup>: APPROX. 6 P.M.</u></b> DELHI CHARTER GYMNASIUM