

2022 LHSPLA SOUTH REGIONAL BOYS POWERLIFTING MEET

DATE: **BOYS SATURDAY, FEBRUARY 19th / GIRLS SATURDAY, FEBRUARY 26th**

MEET DIRECTOR: John Burford _____ **LOCATION:** Covington High School

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

ENTRY FEES: \$25 PER LIFTER. 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 Covington High School

Registration and Entry Forms can be downloaded from the LHSPLA website at www.lhspla.net.

2021-2022 Dates	CALENDAR WEEK	ACTIVITY
Monday, August 9, 2021 - Saturday, November 20, 2021	6th – 21st	Weight training/conditioning permitted. No practice/contests allowed
Monday, November 21, 2021	21st	1st Practice (Medical, parents' permission, and substance misuse forms must be on file.)
Wednesday, December 1, 2021	22nd	LHSPLA Registration Forms/Fees Due
Monday, December 13, 2021	24th	1st Regular Season Meet (Eligibility must be filed online)
Tuesday, January 4, 2022	27th	Deadline for submitting GPAs online for seniors for All-Academic
Wednesday, February 9, 2022	32nd	Entries/Intent to Enter BOYS Regional Meets - All Regions. LHSPLA/LHSAA Insurance Information/Meet Waivers Due
Wednesday, February 16, 2022	33rd	Entries/Intent to Enter GIRLS Regional Meets - All Regions. LHSPLA/LHSAA Insurance Information/Meet Waivers Due
Saturday, February 19, 2022	34th	Boys LHSPLA Regional Meets - North – West Monroe High School South – Covington East – Denham Springs West – Abbeville Central –Tioga Bayou – St. Amant
Saturday, February 26, 2022	35th	Girls LHSPLA Regional Meets - North – Ruston South – Covington East – Holden West – Abbeville Central – Pineville Bayou – St. Amant
Tuesday, March 15, 2022	37th	Entries to State Meet Due
Thursday, March 24, 2022	38th	Division III, IV, V Boys' State Meet – ULM
Friday, March 25, 2022	38th	All Divisions Girls' State Meet – ULM
Saturday, March 25, 2022	38th	Division I and II Boys' State Meet – ULM
Sunday, March 26, 2022 - End of School	39th - 45th	Weight training/conditioning permitted. No practice/contests allowed.

Sunday, May 15, 2022	46th	Summer Rules Begin
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RETURN OF ENTRIES FORMS/HEALTH INSURANCE INFORMATION AND MEET WAIVER FORMS:

ALL **BOYS** ENTRY FORMS **MUST** BE RETURNED BY **WEDNESDAY, FEBRUARY 9th, 2022**. EMAIL YOUR FORMS TO johnburford113@gmail.com
 ALL **GIRLS** ENTRY FORMS **MUST** BE RETURNED BY **WEDNESDAY, FEBRUARY 16th, 2022**. EMAIL YOUR FORMS TO johnburford113@gmail.com.

ALL PROPERLY FILLED OUT LHSPLA HEALTH INSURANCE INFORMATION FORM/MEET WAIVER FORMS **MUST** BE RETURNED BY **WEDNESDAY, FEBRUARY 9th, 2022 (BOYS)/WEDNESDAY, FEBRUARY 16th, 2022 (GIRLS)**

LHSPLA INSURANCE INFORMATION/MEET WAIVER FORMS
 – **MUST BE SIGNED BY PARENT/GUARDIAN AND COACH** -
 ** ONLY HAVE TO BE TURNED IN ONCE FOR THE SEASON **

ORIGINAL FORM MUST BE SUBMITTED. 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 SOUTH 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+ (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+ (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 TEAMS 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 TEAMS.

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

ADMISSION: \$10 PER PERSON FOR THE SOUTH 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 EVENT.**

IF YOU HAVE ANY QUESTIONS CONCERNING THE SOUTH REGIONAL POWERLIFTING CHAMPIONSHIP MEET PLEASE FEEL FREE TO CALL **John Burford (985) 768-2916** FOR INFORMATION.

**PLEASE RETURN ALL BOYS ENTRY FORMS BY WEDNESDAY,
FEBRUARY 9th, 2022, EMAIL THEM TO : johnburford113@gmail.com**

**PLEASE RETURN ALL GIRLS ENTRY FORMS BY WEDNESDAY,
FEBRUARY 16th, 2022, EMAIL THEM TO : johnburford113@gmail.com**

IF MAILING YOUR ENTRIES:

% Glenn Salter
Covington High School
73030 Lion Dr
Covington, LA 70433

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

LHSPLA GIRLS' SOUTH REGIONAL POWERLIFTING MEET – SATURDAY, FEBRUARY 26th, 2022

<u>GIRLS' EARLY WEIGH-IN:</u>	<u>FRIDAY, FEBRUARY 25: 6:00 – 8:00 PM</u> Covington High School Field House
<u>GIRLS' REGULAR WEIGH-IN:</u>	<u>SATURDAY, FEBRUARY 26: 6:30 – 8:00 AM.</u> Covington High School gym locker room
<u>GIRLS' COACHES MEETING:</u>	<u>SATURDAY, FEBRUARY 26: 8:00 AM.</u> Covington High School hospitality room
<u>OFFICIAL'S MEETING:</u>	<u>SATURDAY, FEBRUARY 26: 8:00 AM.</u> Covington High School hospitality room
<u>WARM-UP 1st FLIGHT:</u>	<u>SATURDAY, FEBRUARY 26: 8:00 – 8:45 AM.</u>
<u>1st FLIGHT LIFTERS REPORT TO PLATFORMS:</u>	<u>SATURDAY, FEBRUARY 26: 8:45 AM.</u>
<u>INVOCATION/ANTHEM:</u>	<u>SATURDAY, FEBRUARY 26: 8:55 AM.</u>
<u>LIFTING STARTS:</u>	<u>SATURDAY, FEBRUARY 26: 9:00 AM.</u>
<u>GIRLS' AWARDS CEREMONY:</u>	<u>SATURDAY, FEBRUARY 26: Approximately 3:00 PM.</u>

LHSPLA BOYS' SOUTH REGIONAL POWERLIFTING MEET – SATURDAY, FEBRUARY 19th, 2022

<u>BOYS' EARLY WEIGH-IN:</u>	<u>FRIDAY, FEBRUARY 18: 6:00 – 8:00 PM</u> Covington High School Field House
<u>BOYS' REGULAR WEIGH-IN:</u>	<u>SATURDAY, FEBRUARY 19: 6:30 – 8:00 AM.</u> Covington High School gym locker room
<u>BOYS' COACHES MEETING:</u>	<u>SATURDAY, FEBRUARY 19: 8:00 AM.</u> Covington High School hospitality room
<u>OFFICIAL'S MEETING:</u>	<u>SATURDAY, FEBRUARY 19: 8:00 AM.</u> Covington High School hospitality room
<u>WARM-UP 1st FLIGHT:</u>	<u>SATURDAY, FEBRUARY 19: 8:00 – 8:45 AM.</u>
<u>1st FLIGHT LIFTERS REPORT TO PLATFORMS:</u>	<u>SATURDAY, FEBRUARY 19: 8:45 AM.</u>
<u>INVOCATION/ANTHEM:</u>	<u>SATURDAY, FEBRUARY 19: 8:55 AM.</u>
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