



# 2023 District 5-5A Championships

DATE: January 28, 2023

MEET DIRECTOR: Wade Hooper  
Phone: (225) 620-7680  
Email: [wade.hooper@apsb.org](mailto:wade.hooper@apsb.org)

**This will be a 3 platform, 150 person meet.**

SITE: Dutchtown High School  
13165 Hwy 73  
Geismar, LA 70734

DEADLINE: Entry Forms emailed to me no later than  
**Tuesday, January 24, 2023**  
EMAIL: [wade.hooper@apsb.org](mailto:wade.hooper@apsb.org)

**ALL WAIVERS AND ENTRY FORMS CAN BE DOWNLOADED OFF LHSPLA WEBSITE.**

ENTRY FEE: **\$20.00 FOR EACH LIFTER** – Schools will be allowed to bring a maximum of 25 lifters.

**MAKE ALL CHECKS PAYABLE TO: Dutchtown High School  
13165 Hwy 73  
Geismar, LA 70734**

ELIGIBILITY: Only Schools from District 5-5A will compete at this meet. Schools will be allowed to have 25 lifters maximum to be divided up between boys and girls (*Team points will only be scored on your best 11 boys & 11 girls*). Any lifter who meets the eligibility requirements set forth by the LHSPLA in Article VIII of the constitution, are eligible to lift.

**LIFTING SUITS AND SINGLETS ARE NOT REQUIRED.**

WAIVERS: All lifters must produce a signed waiver to be eligible to compete. See Page 3 of this document.

UNIFORM: The LHSPLA uniform rule, Rule III.B.1-3, will be waived for all lifters.

ADMISSION: General Admission: \$7 dollars

AWARDS: 1<sup>st</sup> – 3<sup>rd</sup> place finishers in each weight class.  
Outstanding Lifter Awards: light & heavy platforms – boys & girls  
Team Trophy: District cup for Boys & Girls



# 2023 District 5-5A Championships

## Schedule of Events

TO EXPEDITE THE CHECKING IN PROCESS, THERE WILL BE NO WEIGH-IN HELD ON FRIDAY NIGHT OR SATURDAY MORNING. EACH TEAM WILL BE ALLOWED TO WEIGH THEIR KIDS IN AT THEIR SCHOOLS. EACH COACH WILL BE RESPONSIBLE FOR EITHER EMAILING OR FAXING THEIR TEAM'S BODY WEIGHTS AND OPENERS TO [wade.hooper@apsb.org](mailto:wade.hooper@apsb.org) BY TUESDAY, JANUARY 23, 2023 SO THE BODYWEIGHT AND OPENER INFORMATION CAN BE PUT ON THE CARDS.

### MEET SCHEDULE (BOYS/GIRLS):

#### SATURDAY, JANUARY 28, 2023

CHECK-IN	7:00 – 8:30 a.m.
COACHES MEETING	8:30 – 9:00 a.m.
OFFICIAL'S MEETING	8:30 – 9:00 a.m.
WARM-UP	8:25 – 8:45 a.m.
REPORT TO PLATFORMS FOR RULES BRIEFING	8:45 a.m.
OPENING CEREMONIES	9:00 a.m.
LIFTING STARTS	<b>APPROXIMATELY 9:00 a.m.</b>

**ALL LIFTERS MUST SECURE SIGNATURE OF PARENT/GUARDIAN – FORM MUST BE COMPLETED USING AN INK PEN**

**LHSPLA/LHSAA Health Insurance Information Form 2022-2023**

This form shall be turned into the Meet Director before participation in an LHSPLA/LHSAA sanctioned Invitational/Tri/Regional/State Meet will be allowed. Schools with group policies may submit a letter with their group policy information with a certified list of covered students. **The Meet Director has discretion to permit participation to accommodate unique circumstances regarding policy information.** I have read and understand the above information as it pertains to (lifter's name)

\_\_\_\_\_ Sex: M \_\_\_ F \_\_\_

participation in an LHSPLA/LHSAA sanctioned Invitational/Tri/Regional/State Meet for the 2022-2023 Powerlifting Season.

Address: \_\_\_\_\_

City: \_\_\_\_\_, LA      Date of Birth: \_\_\_\_\_

Currently attends the \_\_\_th grade at \_\_\_\_\_ High School

Is covered by (check one): Regular/Indemnity \_\_\_ PPO \_\_\_ HMO \_\_\_ Point of Service \_\_\_

**Medicaid** \_\_\_ (Medicaid number ***must*** be listed on this form if that is the Insurance Provider of choice by the meet participant, form will be ***null and void*** without a correctly listed ***Medicaid Number.***)

Name of Insurance Company: \_\_\_\_\_

Name of Policyholder: \_\_\_\_\_

Policy Number: \_\_\_\_\_ Group Name or Number: \_\_\_\_\_

**2022-2023 LHSPLA/LHSAA Invitational/Tri/Regional/State Meet Waiver**

The undersigned, with full knowledge of the hazards and inherent risks of physical and mental injury involved in powerlifting competitions hereby release(s) all rights (known and unknown), claims, and interest for *any* injuries and/or damages against the LHSPLA, LHSAA, host schools, meet directors, officials, spotters, and loaders as a result of the named lifter participating in an LHSPLA/LHSAA sanctioned Invitational/Tri/Regional/State Meet during the 2022-2023 powerlifting season.

This waiver also releases the LHSPLA from any claims of liability (known or unknown) related to the results of a sanctioned LHSPLA/LHSAA Invitational/Tri/Regional/State Meet being published on its website. A student may be identified by first name and/or first initial of the last and the name of their school.

\_\_\_\_\_ Post my results on the LHSPLA/LHSAA website.

\_\_\_\_\_ Do not publish my results on the LHSPLA/LHSAA website

I have read and understand all of the information listed above.

Lifter's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Coach's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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