

2023 LHSPLA East Regional Girls Powerlifting Championship

DATE: Saturday, February 18, 2023

MEET DIRECTOR: Knute Douglas, Phone: 601-606-1912, Email: pdouglas1@ebschools.org

LOCATION: Woodlawn High School 15755 Jefferson Hwy, Baton Rouge, LA 70817

ELIGIBILITY: Each lifter must be eligible under current LHSAA rules.

ENTRY DEADLINES:

2022-2023 Dates	CALENDAR WEEK	ACTIVITY
Sunday, August 7, 2022 - Saturday, November 20, 2022	6th – 21st	Weight training/conditioning permitted. No practice/contests allowed
Monday, November 21, 2022	21st	1st Practice (Medical, parents' permission, and substance misuse forms must be on file.)
Thursday, December 1, 2022	22nd	LHSPLA Registration Forms/Fees Due
Monday, December 12, 2022	24th	1st Regular Season Meet (Eligibility must be filed online)
Tuesday, January 3, 2023	27th	Deadline for submitting GPAs online to LHSAA for All-Academic Seniors
Wednesday, February 8, 2023	32nd	Entries/Intent to Enter <u>GIRLS</u> Regional Meets - All Regions. LHSPLA/LHSAA Insurance Information/Meet Waivers Due
Wednesday, February 15, 2023	33rd	Entries/Intent to Enter <u>BOYS</u> Regional Meets - All Regions. LHSPLA/LHSAA Insurance Information/Meet Waivers Due
Saturday, February 18, 2023	34th	Girls LHSPLA Regional Meets North – Ruston South – Covington East – Woodlawn West – Church Point Central - Tioga Bayou – Dutchtown
Saturday, February 25, 2023	35th	Boys LHSPLA Regional Meets North – Calvary Baptist South – Covington East – Catholic West – Sam Houston Central – Grant Bayou – Lutchter
Tuesday, March 14, 2023	37th	Entries to State Meet Due
Wednesday, March 22, 2023	38th	State Meet - Cajun Dome - ULL Division IV and V Boys

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Thursday, March 23, 2023	38th	State Meet - Cajun Dome - ULL Division IV and V Girls
Friday, March 24, 2023	38th	State Meet - Cajun Dome - ULL Division I, II, and III Girls
Saturday, March 25, 2023	38th	State Meet - Cajun Dome - ULL Division I, II, and III Boys
Sunday, March 26, 2023 - End of School	39th - 45th	Weight training/conditioning permitted. No practice/contests allowed.
Sunday, May 14, 2023	46th	Summer Rules Begin

ENTRY FEES: \$25 per lifter. All entry fees must be paid by school check. Do not mail your entry fee checks—bring all entry fees to weigh-in. Please make your check payable to Woodlawn High School Powerlifting.

ENTRY FORMS: Can be downloaded from the LHSPLA website at www.lhspla.net on the Forms page.

ENTRY DEADLINE: All girls' entry forms MUST be emailed by Wednesday, February 8, 2023. Follow directions and complete all fields on the entry form. Email your entry form to pdouglas1@ebrschools.org.

LHSAA/LHSPLA HEALTH INSURANCE AND MEET WAIVER FORMS: All ORIGINAL, COMPLETE, SIGNED IN INK insurance/meet waiver forms must be in the hands of your meet director before your team is to weigh in.

NUMBER OF ENTRIES: 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 girls' team can be represented by fewer than eleven (11) lifters.

WEIGHT CLASSES:

Girls	Boys
97 lbs and below	114.5 and below
105.8	123.5
114.5	132.3
123.5	148.8
132.3	165.3
148.8	181.8
165.3	198.3
181.8	220.3
198.3	242.5
220.3	275.5

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220.3+ (SHW)	275.5+ (SHW)
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FORMAT: The three lifts which make up the format of the meet are squat, bench press, and deadlift. Each contestant receives three attempts 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 lifter's 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, body weight will determine the winner. Lifting will be conducted using the rounds system.

UNIFORMS: All lifters must be dressed in a one-piece lifting suit or singlet. Belts are not to exceed 4 inches in width. Lifters must wear shin length socks when deadlift. Please see the LHSPLA Rulebook for additional equipment specifications.

UNIFORM AND EQUIPMENT WAIVER: Each school is required to submit a signed LHSPLA Uniform and Equipment Waiver. This form can be found on the LHSPLA website at www.lhspla.net on the Forms page.

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 lifter in the light and heavy divisions. Regional champion and regional runner-up team awards will be given.

TEAM SCORING: Team scores are calculated using 7-5-3-2-1 points for 1st through 5th place scoring in each weight class. The sum of points determines team placing.

ADMISSION: Admission price for all LHSPLA Regional Meets is \$10.00. Children twelve (12) and under will not be charged admission to the LHSPLA Regional Meets. LHSAA Coaching Cards will be honored at all LHSPLA sanctioned meets. An online link to pay will be sent out to all coaches prior to the day of the competition. We will also take credit/debit card payments at the door, NO CASH.

CONCESSIONS: A concession stand will be in operation during the duration of the day. Cash Only will be accepted at the concession stand.

T-SHIRTS: East Regional Meet T-Shirts will be sold on the day of the meet. A limited number of T-Shirts will be for sale with sizes ranging from S, M, L, XL, XXL. T-Shirt price will be \$20.

WHAT MUST BE TURNED IN PRIOR TO YOUR TEAM WEIGH IN:

Entry Form: Due by Wednesday, February 8, 2023 via email to pdouglas1@ebschools.org

Entry Fee: School Check payable to Woodlawn High School Powerlifting (bring to weigh ins)

Health Insurance Waiver Form: Must be the ORIGINAL COPY

LHSPLA Uniform and Equipment Waiver Form

ADVICE ON SENDING ENTRY FORMS: The easiest way to send your team entry form is to download the Girls entry form from the LHSPLA website. Type in your lifter's name, grade, and weight class. If you want to include any alternates you can but please designate them as alternates. Once you have typed all that information you then send it in an email to me as an attachment. This is the easiest way for me to receive them.

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ADVICE ON SENDING HEALTH INSURANCE WAIVER AND UNIFORM/EQUIPMENT WAIVER: You are more than welcome to mail these forms, but it would be easiest to bring the Equipment Waiver Form and Health Insurance Waiver Form with you at the time of Weigh Ins.

MEET SCHEDULE

SATURDAY, FEBRUARY 18, 2023

GIRLS EARLY WEIGH-IN:	FRIDAY, FEBRUARY 17: 6:00 – 8:00 PM
GIRLS REGULAR WEIGH-IN:	SATURDAY, FEBRUARY 18: 6:30 – 8:00 AM
GIRLS COACHES MEETING:	SATURDAY, FEBRUARY 18: 8:00 AM
OFFICIAL'S MEETING:	SATURDAY, FEBRUARY 18: 8:00 AM
WARM-UP 1 st FLIGHT:	SATURDAY, FEBRUARY 18: 8:00 – 8:45 AM
1 st FLIGHT LIFTERS REPORT TO PLATFORMS:	SATURDAY, FEBRUARY 18: 8:45 AM
INVOCATION/ANTHEM:	SATURDAY, FEBRUARY 18: 8:55 AM.
LIFTING STARTS:	SATURDAY, FEBRUARY 18: 9:00 AM.
GIRLS AWARDS CEREMONY:	SATURDAY, FEBRUARY 18: Approx. 5:00 PM.