



## 2023 LHSPLA North Regional Girls Championship Powerlifting Meet

**DATE:** SATURDAY, FEBRUARY 18th

**MEET DIRECTOR:** Sarah Wages, Ruston High School, sarah.wages@lincolnschools.org

**LOCATION**

Ruston High School, Main Gym  
900 Bearcat Drive, Ruston, LA 71270  
Gym Parking Lot entrance is located on James Street.

**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 – Lutcher
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
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 Ruston High School.**

### ENTRY FORMS

Can be downloaded from the LHSPLA website at [www.lhspla.net](http://www.lhspla.net) on the Forms page.

### SUBMITTING ENTRY FORMS

**GIRLS:** 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 [sarah.wages@lincolnschools.org](mailto:sarah.wages@lincolnschools.org)

### SUBMITTING LHSAA/LHSPLA HEALTH INSURANCE AND MEET WAIVER FORMS

**GIRLS:** All ORIGINAL, COMPLETE, SIGNED IN INK insurance/meet waiver forms must be in the hands of your meet director on Wednesday, February 8, 2023.

You may hand deliver those to Sarah Wages or to the Ruston High School office (7:30am-3:15pm). If mailing, your envelope must be postmarked by 2/8/23. Mail to Sarah Wages, Ruston High School, 900 Bearcat Drive, Ruston, LA 71270.

## NUMBER OF ENTRIES

Each girls team can have no more than eleven (11) lifters per team. Each boys 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. Each boys 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
220.3+ (SHW)	275.5+ (SHW)

## 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](http://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 for both girls and boys. Regional champion and regional runner-up awards will be given for both boys and girls teams.

## 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.

**CONCESSIONS**

A full concession stand will be available. Cash only.

**T-SHIRTS**

Meet t-shirts will be available for purchase. Shirts are \$20 for sizes adult small - adult XL. Adult 2XL and 3XL are \$25. Cash only.

**MEET SCHEDULE**  
**LHSPLA GIRLS NORTH REGIONAL POWERLIFTING MEET**  
**RUSTON HIGH SCHOOL**  
**SATURDAY, FEBRUARY 18, 2023**

GIRLS EARLY WEIGH-IN:	FRIDAY, FEBRUARY 17: 6:00 – 8:00 PM Girls PE Locker Room
GIRLS REGULAR WEIGH-IN:	SATURDAY, FEBRUARY 18: 6:30 – 8:00 AM Girls PE Locker Room
GIRLS COACHES MEETING:	SATURDAY, FEBRUARY 18: 8:00 AM RHS Cafeteria
OFFICIAL'S MEETING:	SATURDAY, FEBRUARY 18: 8:00 AM RHS Cafeteria
WARM-UP 1 <sup>st</sup> FLIGHT:	SATURDAY, FEBRUARY 18: 8:00 – 8:45 AM Weight Room
1 <sup>st</sup> FLIGHT LIFTERS REPORT TO PLATFORMS:	SATURDAY, FEBRUARY 18: 8:45 AM RHS Main Gym
INVOCATION/NATIONAL ANTHEM:	SATURDAY, FEBRUARY 18: 8:55 AM RHS Main Gym
LIFTING STARTS:	SATURDAY, FEBRUARY 18: 9:00 AM RHS Main Gym
GIRLS AWARDS CEREMONY:	SATURDAY, FEBRUARY 18: Approx. 3:00 PM RHS Main Gym