



2023 LHSPLA Central Regional Girls Championship Powerlifting Meet

DATE: SATURDAY, FEBRUARY 18th

MEET DIRECTOR

Derek Toro,
derek.toro@rpsb.us
 (318) 582-6700

LOCATION:

Tioga High School
 1207 Tioga Road
 Ball, LA 71405

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	32rd	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
		Girls LHSPLA Regional Meets North – Ruston

Saturday, February 18, 2023	34th	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 Tioga High School.**

ENTRY FORMS

Can be downloaded from the LHSPLA website at 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 derek.toro@rpsb.us

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. Mail to: **Tioga High School Powerlifting, 1207 Tioga Road, Ball, LA 71405.**

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 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.

MEET SCHEDULE
LHSPLA GIRLS CENTRAL REGIONAL POWERLIFTING MEET
SATURDAY, FEBRUARY 18, 2023

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