

2023 NHS ROOKIE MEET

DATE:	December 16, 2023
MEET SITE:	Northshore High School Gymnasium 100 Panther Drive Slidell, LA 70461
MEET DIRECTOR:	Casey Calderone
PHONE:	(985)640-3243
ENTRY FEE:	\$25 per lifter <ul style="list-style-type: none"> • Make all checks payable to: Northshore High School
EMAIL ENTRIES TO:	casey.calderone@stpsb.org OR caseycalderone1208@gmail.com *I will reply to your email to let you know I received your entries
IF MAILING ENTRIES:	Northshore High School c/o Casey Calderone 100 Panther Drive Slidell, LA 70461
ENTRY DEADLINE:	<ul style="list-style-type: none"> • All entry forms should be received no later than Friday, December 8, 2023 • Meet will be limited to 150 total entries • Each school will only be allowed to enter a maximum of 11 boys & 11 girls
ELIGIBILITY	<ul style="list-style-type: none"> • This meet is intended for lifters/programs new to LHSPLA (If your lifter has qualified for the State Meet, he/she is ineligible for this meet.) • LHSAA/LHSPLA eligibility rules apply (Article VIII of the constitution)
WAIVERS	<ul style="list-style-type: none"> • All lifters participating in the 2023 NHS Rookie Meet must produce a signed waiver to be eligible to compete. • ALL WAIVER AND ENTRY FORMS CAN BE DOWNLOADED FROM THE LHSPLA WEBSITE, WWW.LHSPLA.ORG, UNDER THE FORMS TAB
LIFTING SUITS / UNIFORMS	<ul style="list-style-type: none"> • Please refer to Article III of the LHSPLA Rule Book for specific information about Costume & Personal Equipment: <ul style="list-style-type: none"> • Lifting Suits & Singlets are not required • See the rulebook for specifics about wearing shorts & t-shirts for this meet
ADMISSION	<ul style="list-style-type: none"> • Adults: \$10.00 • Students with School ID: \$5.00 • Children 12 & Under: Free

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MEET SCHEDULE

Check In	7:30 - 9:00 AM
Officials & Coaches Meeting	9:00 AM
Lifters Report to Platforms	9:45 AM
Welcome/Pledge	9:55 AM
Lifting Begins	10:00 AM
Awards Ceremony	Approximately 5:00 PM

Please Note:

All schools are ineligible to compete at ANY LHSPLA Meet until their school's LHSPLA Registration form has been received in good order, along with annual Registration Fee and verified via email by the LHSPLA Secretary.