

2024 *Red Devils* Powerlifting Classic



Saturday January 6, 2024
Pickering High School
180 LeBleu Road
Leesville, LA 71446

Meet Director: John Daugherty
Phone: (318)-663-1745
Email: john.daugherty@vpsb.us

Deadline: Entry forms with school check mailed to me no later than December 22, 2023.

ALL WAIVER AND ENTRY FORMS CAN BE DOWNLOADED OFF LHSPLA WEBSITE. WAIVER FORMS DO NOT HAVE TO BE MAILED. TURN IN DAY OF MEET.

hspla.net/index.php/home/forms/

Entry Fees: \$25.00 per lifter, Make checks payable to Pickering High School Powerlifting.

Eligibility: Schools will be allowed to bring as many as they wish. Any lifter, who meets the eligibility requirements set forth by the LHSPLA in Article VIII of the constitution, are eligible to lift.

UNIFORM: The LHSPLA uniform rule, Section III, rule 1 a-d, will be waived for all lifters. Singlets are not required for competition.

ADMISSION: Adults: \$10.00 (Children under 5 free admission)

AWARDS: Medals for 1st—3rd place finishers in each weight class.
Outstanding Lifter Trophies: light and heavy platform girls and boys.
Boys and Girls Team Champion Awards. Any ties will be scaled for weight.

3-Platform Meet: Cap at 135 lifters

Schedule of Events:

There are no weigh-ins for the meet on Friday or Saturday. It is the responsibility of each coach to weigh in their lifters and place the appropriate weight on the entry form. Any lifters who tie with the same body weight, will be weighed in to determine placing.

Each school will need to send their entries electronically with the weight and openers for each lift. You can change openers day of meet before 8:45 am.

MEET SCHEDULE (BOYS/GIRLS):

SATURDAY, JANUARY 6, 2024

CHECK-IN : 7:00 A.M. For Teams/ Spectators 8:00 A.M.

COACHES MEETING8:00 – 8:15 A.M.

OFFICIAL'S MEETING....8:00 – 8:15 A.M.

WARM-UP.... – 8:00 A.M.

OPENING CEREMONIES.....8:45 A.M.

LIFTING STARTS... AT 9:00 A.M.

Bus drop off and Parking information

All lifters can be dropped off at the Field side Ticket Booth gate, and buses will need to be parked across the football field in the bus lot. No Buses should be parked in the regular parking lot by the school buildings. Extra spectator parking is available in front of campus by the Elementary Building.

Concessions/T-shirts

There will be concessions and food plates available for purchase during lunch for \$8.00 which will include a drink. There will also be T-shirts available for the Red Devil Powerlifting Classic available for purchase for \$18 each.

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.