



DATE: January 13, 2024

MEET DIRECTOR: Nicholas Guidry
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Email: nicholasguidry@tpsd.org

SITE: **Terrebonne High School**
7318 Main St.
Houma, LA 70360

DEADLINE: Entry Forms e-mailed to me no later than **Tuesday, JANUARY 9, 2024**
E-MAIL: nicholasguidry@tpsd.org
150 lifters is the maximum number that will be accepted.
Since there are team awards, please indicate which lifters are on a team
ALL WAIVER AND ENTRY FORMS CAN BE DOWNLOADED OFF LHSPLA WEBSITE.

ENTRY FEE: **\$25.00 FOR EACH LIFTER** – Unlimited lifters per team.
MAKE ALL CHECKS PAYABLE TO: Terrebonne High School
Put Powerlifting in the Memo section.

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

LIFTING SUITS AND SINGLETs ARE NOT REQUIRED.

WAIVERS: All lifters participating in the Battle on the Bayou Invitational Meet must produce a signed waiver to be eligible to compete.

UNIFORM: The LHSPLA uniform rule, Section III, rule 1 a-d, will be waived for all lifters.

ADMISSION: Adults: \$8.00 (Children under school age get in free)

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 awards will be presented to the 1st place team.



Schedule of Events

TO EXPEDITE THE CHECKING IN PROCESS, THERE WILL BE NO WEIGH-IN HELD ON FRIDAY NIGHT OR SATURDAY MORNING. EACH TEAM WILL BE ALLOWED TO WEIGH THEIR KIDS AT THEIR SCHOOLS. EACH COACH WILL BE RESPONSIBLE FOR EMAILING THEIR TEAMS BODY WIEGHTS AND OPENERS TO – nicholasguidry@tpsd.org BY TUESDAY, JANUARY 9TH, SO BODYWEIGHTS AND OPENER INFORMATION CAN BE PUT ON CARDS AND ENTERED INTO THE SCORING PROGRAM. FAILURE TO TURN IN OPENERS BY TUESDAY, JANUARY 9TH COULD FORFEIT YOUR TEAMS ENTRY INTO THE MEET. ****NO CHANGING WEIGHT CLASSES AT THE MEET***** ONCE A LIFTER DECLARES A WEIGHT CLASS THEY MUST LIFT IN SAID WEIGHT CLASS***** BODY WEIGHT AND OPENERS MUST BE TURNED IN BY TUESDAY JANUARY 9TH BY 3:00p.m.

MEET SCHEDULE (BOYS/GIRLS):

SATURDAY, JANUARY 13, 2024

CHECK-IN6:30 – 8:00 A.M.
 COACHES MEETING8:00 – 8:30 A.M.
 OFFICIAL’S MEETING..... 8:00 – 8:30 A.M.
 WARM-UP.....8:25 – 8:45 A.M.
 REPORT TO PLATFORMS FOR RULES BRIEFING.....8:45 A.M.
 OPENING CEREMONIES.....8:55 A.M.
 LIFTING STARTS..... APPROXIMATELY 9:00 A.M.

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.

