

# 2024 DALE WEINER INVITATIONAL



DATE: FEBRUARY 3, 2024

MEET DIRECTOR: MATT SHELTON, CHS & SJA HEAD COACH  
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SITE: CATHOLIC HIGH SCHOOL (IN THE GYM)  
855 HEARTHSTONE DR.  
BATON ROUGE, LA 70806

DEADLINE: ENTRY FORMS EMAILED TO COACH SHELTON NO LATER THAN  
TUESDAY, JANUARY 30, 2024  
EMAIL: [MSHELTON@CATHOLICHIGH.ORG](mailto:MSHELTON@CATHOLICHIGH.ORG)

ALL WAIVER AND ENTRY FORMS CAN BE DOWNLOADED OFF THE  
LHSPLA WEBSITE (LHSPLA.NET). I HAVE ALSO ATTACHED THEM TO  
THIS EMAIL.

ENTRY FEE: \$20 FOR EACH LIFTER

MAKE ALL CHECKS PAYABLE TO: CATHOLIC HIGH SCHOOL

ELIGIBILITY: SCHOOLS HAVE AN UNLIMITED NUMBER OF LIFTERS PER WEIGHT  
CLASS. ANY LIFTER WHO MEETS THE ELIGIBILITY REQUIREMENTS  
SET FORTH BY THE LHSPLA IN ARTICLE VIII OF THE CONSTITUTION  
ARE ELIGIBLE TO LIFT.

WAIVERS: **ALL LIFTERS PARTICIPATING IN THE DALE WEINER  
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.

**LIFTING SUITS AND SINGLETS ARE NOT REQUIRED**

ADMISSION: PRE-SALE DIGITAL TICKETS = \$8.00 (plus fees)  
CASH OR CREDIT AT GATE = \$10.00

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AWARDS: MEDALS FOR 1<sup>ST</sup>, 2<sup>ND</sup>, AND 3<sup>RD</sup> 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 1<sup>ST</sup> AND 2<sup>ND</sup> PLACE TEAMS.

## 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 OWN KIDS IN AT THEIR SCHOOL. EACH COACH WILL BE RESPONSIBLE FOR EMAILING THEIR TEAMS BODY WEIGHTS AND OPENERS TO [MSHELTON@CATHOLICHIGH.ORG](mailto:MSHELTON@CATHOLICHIGH.ORG) BY TUESDAY, JANUARY 30<sup>TH</sup> SO THE BODYWEIGHT AND OPENER INFORMATION CAN BE PUT ON THE CARDS.

**NO OUTSIDE FOOD OR DRINK ALLOWED AT THE MEET; WE WILL HAVE CONCESSIONS AVAILABLE.**

MEET SCHEDULE (BOYS & GIRLS)

THIS IS A 3 PLATFORM MEET

**SATURDAY, FEBRUARY 3, 2024**

CHECK-IN..... 7:00 – 8:00 A.M.  
COACHES MEETING..... 8:00 – 8:30 A.M.  
OFFICIAL'S MEETING..... 8:00 – 8:30 A.M.  
WARM-UP..... 8:25 – 8:45 A.M.  
REPROT TO PLATFORMS FOR RULES BRIEFING..... 8:45 A.M.  
OPENING CEREMONIES..... 9:00 A.M.  
LIFTING STARTS.....APPROXIMATELY 9:00 A.M.