

2024 Church Point Girl's RAW

Powerlifting Meet

DATE: December 16, 2023

MEET DIRECTOR: Kirk Lavergne
Phone: [337-247-1618](tel:337-247-1618)
Email: johnkirklavergne@gmail.com

SITE: **Church Point High School**
305 E. Lougarre St.
Church Point, LA 70525

DEADLINE: Entry Forms e-mailed to me no later than
Monday, December 11th @3:00pm.
E-MAIL: johnkirklavergne@gmail.com

**ALL WAIVER AND ENTRY FORMS CAN BE DOWNLOADED FROM THE
LHSPLA WEBSITE.**

ENTRY FEE: **\$25.00 FOR EACH LIFTER**

MAKE ALL CHECKS PAYABLE TO: *Church Point High School*

ELIGIBILITY: Any lifter, who meets the eligibility requirements set forth by the
LHSPLA in Article VIII of the constitution is eligible to lift.

WAIVERS: All lifters participating in the **Church Point Girl's RAW**
Powerlifting 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. **NO lifting suits and no knee
wraps. Can wear singlet, shorts, t-shirt, knee
sleeves, and wrist wraps.**

ADMISSION: \$10.00 General Admission (Children 1st Grade and under get in free)

AWARDS: Medals for 1st—3rd place finishers in each weight class.
Outstanding Lifter Trophies: light and heavy platform.

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 IN AT THEIR SCHOOLS. EACH COACH WILL BE RESPONSIBLE FOR E- E-MAILING THEIR TEAMS' BODY WEIGHTS AND OPENERS TO *E-MAIL – johnkirkclavergne@gmail.com* no later than **Monday, December 11th @3:00pm**. SO THE BODYWEIGHT AND OPENER INFORMATION CAN BE PUT ON THE CARDS.

MEET SCHEDULE:

SATURDAY, DECEMBER 16TH

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.....8:00A.M. – 8:45 A.M.
REPORT TO PLATFORMS FOR RULES BRIEFING.....8:45 A.M.
OPENING CEREMONIES.....8:55 A.M.
LIFTING STARTS.....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.