



# **2024 LHS Wampus Cat Invitational** **Powerlifting Meet**



DATE: January 20, 2024

MEET DIRECTOR: Derek Toro  
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SITE: **Leesville High School**  
502 Berry Drive  
Leesville, LA 71446

DEADLINE: Entry Forms e-mailed to me no later than  
**Monday, January 15<sup>th</sup> @3:00pm.**  
**E-MAIL: [derek.toro@vpsb.us](mailto:derek.toro@vpsb.us)**

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

ENTRY FEE: **\$25.00 FOR EACH LIFTER – THERE IS A \$100 NONREFUNDABLE DEPOSIT FOR ALL TEAMS TO RESERVE THEIR SPOT IN THE COMPETITION. DEPOSIT IS DUE BEFORE **DECEMBER 15, 2023.****

**TEAMS WILL STILL BE RESPONSIBLE THE FEES OF ANY LIFTER LISTED ON THEIR ENTRY FORM THAT DOES NOT COMPETE.**

**MAKE ALL CHECKS PAYABLE TO: *Leesville High School***

ELIGIBILITY: Schools will be limited to **20 female and 20 male lifters.** Any lifter, who meets the eligibility requirements set forth by the LHSPLA in Article VIII of the constitution is eligible to lift.

**LIFTING SUITS AND SINGLETs ARE NOT REQUIRED.**

WAIVERS: All lifters participating in the LHS Wampus Cat 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: \$10.00 General Admission (Children 1<sup>st</sup> Grade and under get in free)

AWARDS: Medals for 1<sup>st</sup>—3<sup>rd</sup> place finishers in each weight class.  
Outstanding Lifter Trophies: light and heavy platform.  
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 KIDS IN AT THEIR SCHOOLS. EACH COACH WILL BE RESPONSIBLE FOR E- E-MAILING THEIR TEAMS' BODY WEIGHTS AND OPENERS TO *E-MAIL – derek.toro@ypsb.us BY Monday, January 15<sup>th</sup>*, SO THE BODYWEIGHT AND OPENER INFORMATION CAN BE PUT ON THE CARDS.**

## MEET SCHEDULE:

### SATURDAY, JANUARY 20<sup>TH</sup>

CHECK-IN .....6:30 – 8:00 A.M.  
COACHES MEETING .....8:00 – 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.**