

Mamou Green Demons Invitational Powerlifting Meet

DATE: February 3, 2024

MEET DIRECTOR: Samuel A. Terry / Kirk Lavergne
Phone: Samuel [\(337\) 459-4543](tel:3374594543) Kirk [\(337\) 247-1618](tel:3372471618)
Email: Johnkirklavergne@gmail.com

SITE: **Mamou High School**
1008 7th ST.
Mamou, LA 70554

DEADLINE: Entry Forms emailed to me no later than
Monday, January 29th @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: *Mamou 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.

LIFTING SUITS AND SINGLETs ARE NOT REQUIRED.

WAIVERS: All lifters participating in the Mamou Green Demon
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 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 EMAILING THEIR TEAMS' BODY WEIGHTS AND OPENERS TO *E-MAIL – johnkirkclavergne@gmail.com no later than Monday, January 29th @3:00pm*, SO THE BODYWEIGHT AND OPENER INFORMATION CAN BE PUT ON THE CARDS.

MEET SCHEDULE:

SATURDAY, February 3rd

CHECK-IN6:30 A.M. – 8:00 A.M.
COACHES MEETING8:00 A.M. – 8:30 A.M.
OFFICIAL'S MEETING..... 8:00 A.M. – 8:30 A.M.
WARM-UP.....8:00 A.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.

