



SAM HOUSTON INVITATIONAL

- DATE:** February 3rd 2024
- MEET DIRECTOR:** Cord Larsen
318-751-6157
Cord.Larsen@cpsb.org
- SITE:** SAM HOUSTON HIGH SCHOOL
880 Sam Houston Jones PKWY
Moss Bluff, LA 70611
- DEADLINE:** ENTRY FORMS E-MAILED OR MAILED TO ME NO LATER THAN MONDAY JANUARY 29th, 2023
150 LIFTERS IS THE MAXIMUM NUMBER THAT WILL BE ACCEPTED.

ALL WAIVER AND ENTRY FORMS CAN BE DOWNLOADED OFF LHSPLA WEBSITE
- ENTRY FEE:** \$20.00 FOR EACH LIFTER – UNLIMITED LIFTERS PER TEAM.
MAKE ALL CHECKS PAYABLE TO: SAM HOUSTON
POWERLIFTING
* PUT POWERLIFTING MEET IN THE MEMO SECTION*.
- ELIGIBILITY:** SCHOOLS WILL BE ALLOWED TO BRING AS MANY LIFTERS AS THEY WISH AS SPACE ALLOWS. ALL LIFTERS WHO MEET THE ELIGIBILITY REQUIREMENTS SET FORTH BY THE LHSPLA IN ARTICLE VIII OF THE CONSTITUTION, ARE ELIGIBLE TO LIFT.
- WAIVERS:** ALL LIFTERS PARTICIPATING IN THE SAM HOUSTON 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:** Adults: \$10.00 (Children 5 and under get in free)
- AWARDS:** MEDALS FOR 1ST - 3RD PLACE FINISHERS IN EACH WEIGHT CLASS



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 – cord.larsen@cpsb.org BY MONDAY, JANUARY 8TH, SO BODYWEIGHTS AND OPENER INFORMATION CAN BE PUT ON CARDS AND ENTERED INTO THE SCORING PROGRAM. FAILURE TO TURN IN OPENERS BY MONDAY JANUARY 29TH COULD FORFEIT YOUR TEAMS ENTRY INTO THE MEET. *****NO CHANGING WEIGHT CLASSES AFTER THE MEET STARTS***** ONCE A LIFTER DECLARES A WEIGHT CLASS, THEY MUST LIFT IN SAID WEIGHT CLASS***** BODY WEIGHT AND OPENERS MUST BE TURNED IN BY Monday JANUARY 29TH BY 3:00p.m.

MEET SCHEDULE (BOYS/GIRLS):

SATURDAY, FEBUARY 3rd, 2023

CHECK-IN	<i>6:30 – 8:00 A.M.</i>
COACHES MEETING	<i>8:00 – 8:30 A.M.</i>
OFFICIAL'S MEETING	<i>8:00 – 8:30 A.M.</i>
WARM-UP	<i>8:25 – 8:45 A.M.</i>
REPORT TO PLATFORMS FOR RULES BRIEFING	<i>8:45 A.M.</i>
OPENING CERMONIES	<i>8:55 A.M.</i>
LIFTING STARTS	<i>APPROXIMATELY 9:00 A.M.</i>