

**2024**

**Sacred Heart High School**

**Invitational Powerlifting Meet**

*“Home of the Trojans”*

Date: Saturday January 6, 2024

Meet Director: Duane Urbina, Head Coach Phone (337) 831-0894  
Email: [Durbina@gmail.com](mailto:Durbina@gmail.com)

Site: Sacred Heart High School, 114 Trojan Lane, Ville Platte LA  
Basketball Gym

Entry Fee: \$25.00 a lifter Make all checks payable to Sacred Heart High School

Eligibility: LHSAA/LHSPLA eligibility rules apply ( Article VIII of the constitution)

Equipment: Lifters are allowed to lift in Official LHSPLA Equipment or shorts and t-shirts. Lifting singlets are not required.

Deadline: All Entry Forms must be e-mailed to Meet Director no later than Tuesday January 2, 2024.

Waiver Forms: Attached to this Meet Package .

Admission: \$10.00 adults \$8.00 students, children under 5 free

Canteen: Opens at 8:00 am

Awards: Medals for 1<sup>st</sup> – 3<sup>rd</sup> in each weight class for boys and girls. Outstanding lifter awards will be given for light and heavy platforms for boys and girls. Team awards will be given for 1<sup>st</sup> – 3<sup>rd</sup> for both boys and girls.

Platforms: 3 - 4 platforms

Weight Classes: Girls – 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, SHW  
Boys – 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, SHW

Official Weigh-In: This will be done at each individual school competing and emailed to the Meet Director by Tuesday January 2, 2024 with opening attempts.

Hospitality Room for coaches and officials will be provided.

First Attempts: Openers will be sent in with the weigh-ins on Tuesday January 2nd.

Schedule of Event: Check – In .....7:00 – 8:00  
Coaches Meeting..... 8:00 – 8:30  
Officials Meeting.....8:15 - 8:30  
Warm – Up .....8:15 - 8:45  
Lifters Report to platforms.....8:45  
Opening Ceremonies.....9:00  
Lifting Starts immediately after Opening Ceremonies

Hospitality Room for coaches and officials will be provided.



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**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.**

2024

## Sacred Heart High School

# Invitational Powerlifting Meet Waiver Form



Name: \_\_\_\_\_ Sex: M \_\_\_\_\_ F \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Phone: \_\_\_\_\_ Classification: \_\_\_\_\_

Coach: \_\_\_\_\_

In consideration of your accepting this entry to the Sacred Heart High School Powerlifting Meet I hereby for myself and my heirs, release all rights, claims for damages and injuries I might sustain at this meet against Sacred Heart High School, Sacred Heart of Jesus Catholic Church, the Diocese of Lafayette, all other staff members, the meet director, spotters, loaders, and officials. I make this release and waiver of claim with the full knowledge of the hazards and inherent rights associated with the above competition. I hereby assume the risk of injury and property damage loss that might occur at this time.

Lifter Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Coach's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

This is an official document and must be turned in at Check-In.