



2024 North DeSoto Invitational Meet



- DATE: January 27, 2024
- MEET DIRECTOR: **Emilie Parker, Girls Head Coach**
Phone: (318) 581-6523
Email: emilie.king@desotopsb.com or emilie.parker@desotopsb.com (name change in process)
- SITE: **North DeSoto High School**
2571 Hwy 171
Stonewall, LA 71078
- DEADLINE: **Entry's Forms e-mailed to me no later than TUESDAY, JANUARY 23, 2024**
E-MAIL: emilie.king@desotopsb.com or emilie.parker@desotopsb.com
ALL WAIVER AND ENTRY FORMS CAN BE DOWNLOADED OFF LHSPLA WEBSITE. I HAVE ALSO ATTACHED TO THIS EMAIL.
- ENTRY FEE: **\$20.00 FOR EACH LIFTER**
- MAKE ALL CHECKS PAYABLE TO: North DeSoto High School**
- ELIGIBILITY **Schools do not have a lifter amount per weight class limit. Any lifter, who meets the eligibility requirements set forth by the LHSPLA in Article VIII of the constitution, are eligible to lift.**
- LIFTING SUITS AND SINGLETS ARE NOT REQUIRED.**
- WAIVERS: **All lifters participating in the North DeSoto 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: **Adults: \$8.00 (Children under 5 free admission)**
- AWARDS: **Medals for 1st, 2nd, and 3rd place finishers in each weight class.
Outstanding Lifter Trophies: light and heavy platform-girls and boys.
Boys and Girls team awards will be presented to the 1st and 2nd place teams.**

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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* – emilie.king@desotopsb.com BY TUESDAY, JANUARY 23RD, SO THE BODYWEIGHT AND OPENER INFORMATION CAN BE PUT ON THE CARDS.

NO OUTSIDE FOOD ALLOWED AT THE MEET. WE WILL HAVE CONCESSIONS AVAILABLE.

MEET SCHEDULE (BOYS/GIRLS):

THIS IS A 4 PLATFORM MEET

SATURDAY, JANUARY 27, 2024

CHECK-IN.....7:00 – 8:00 A.M.

COACHES MEETING.8:00 – 8:30 A.M.

OFFICIAL'S MEETING.....8:00 – 8:30 A.M.

WARM-UP.....8:25 – 8:45 A.M.

REPORT TO PLATFORMS FOR RULES BRIEFING.....8:45 A.M.

OPENING CEREMONIES.....9:00 A.M.

LIFTING STARTS.....APPROXIMATELY 9:00 A.M.