



# LHSPLA

## Louisiana High School Powerlifting Association

### LHSPLA SANCTIONED INVITATIONAL/TRI MEET SETUP COMPLIANCE CHECKLIST:

***Checklist to be completed and approved by the Head Official-In-Charge before the start of any sanctioned LHSPLA Invitational or Tri Meet. Failure to meet any of the criteria listed below could result in either: a) the start time of the meet being delayed until all deficient checklist items are brought to recommended specifications or b) canceled entirely if the meet setup falls well below the standards recommended by the LHSPLA for meet setup specifications that are set forth in Article XII, Section 11 of the LHSPLA Constitution.***

#### Meet Lifting Area Checklist:

- a. Meet Floor Plan complies with recommended LHSPLA specifications
- b. Platform: Size, Surface, and Marked Boundaries comply with recommended LHSPLA specifications
- c. Bars, Plates, and Collars comply with recommended LHSPLA specifications
- d. Squat Racks and Bench Presses that comply with recommended LHSPLA specifications
- e. Officiating lights comply with recommended LHSPLA specifications
- f. Loading charts, wire brushes, towels, alcohol wipes on platform
- g. Clearly defined and marked area for trackers
- h. Warm-Up Area complies with recommended LHSPLA specifications
- i. Weigh-In Areas complies with recommended LHSPLA specifications
- j. Weigh-In/Check-In – Starts/Ends on time
- k. Spotter/Loaders briefing to outline their duties and to make sure they are aware of the proper way to spot lifters on each lift that will be contested at the meet

#### Required Meet Checklist (Clerical/Meet Site):

- l. Uniformed Security Officer present on site one hour before the start of the meet and will remain on duty during the duration of the meet.
- m. Certified Medical Staff/Trainer/Safety Personnel present on site, scheduled to remain on site for the duration of the meet.
- n. At least 1 computer/laptop for each table, and if using scoring program at least one printer at designated RESULTS computer to print results – Extra computers/laptops, projectors, paper, print cartridges, available copying machine
- o. Overhead sheets, Overhead projectors, LCD projectors and laptops at each table is using meet scoring program
- p. Extra overhead projectors and sheets, grease pencils, expeditor sheets
- q. Wrapper and lifter tags
- r. Hospitality Room for Coaches Business Meeting, Meeting Room Pre-Meet Officials' Meeting
- s. Supervised Entry Points – Lifters/Coaches Only – Spectators Only – There is enough available seating for both the spectators in the audience and for the lifters and coaches in the team area.
- t. All meet entry forms have been vetted to confirm that all schools entered are properly registered members of the LHSPLA.
- u. Meet Director provides a binder with the following information included: Certificate of Insurance for the meet, Copy of both the LHSPLA Constitution and Rulebook, LHSPLA Incident Report, LHSPLA Appeal Form, Host School Emergency Plan



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## LHSPLA SANCTIONED INVITATIONAL/TRI MEET SETUP COMPLIANCE CHECKLIST:

This Invitational Meet Site has been inspected and meets the Meet Setup, Clerical and Meet Site recommended standards set forth in Article XII, Section 11 of the LHSPLA Constitution.

Because of the nature of Tri meets, exception will be made in the LHSPLA SANCTIONED INVITATIONAL/TRI MEET SETUP STANDARDS COMPLIANCE CHECKLIST for items b, g, i, j, l, m, q, r, and s when Tri meets are contested.

Note that a pre-meet inspection must be conducted by a certified LHSPLA official, and a minimum of 3 officials must be present during the contesting of a Tri meet.

LHSPLA Sanctioned Meet: \_\_\_\_\_

Date: \_\_\_\_\_

Meet Site: \_\_\_\_\_

# of Platforms: \_\_\_\_\_ # of Participants/Lifters: \_\_\_\_\_

Sanctioned meets cannot exceed the approximate 50 lifter per platform average unless the Meet Director has requested and gotten specific written permission from the LHSPLA President. Requests to exceed the suggested 50 lifter per platform limit should be received by the President by at least the Wednesday before the meet is contested.

LHSPLA Representative: \_\_\_\_\_

(Head Official-In-Charge, LHSPLA Assignment Secretary)

Invitational Meet Director: \_\_\_\_\_

This Meet Site has been inspected and meets the recommended Meet Setup, Clerical and Meet Site standard set forth in Article XII, Section 11 of the LHSPLA Constitution:

Approved: \_\_\_\_\_

This Meet Site has been inspected and DID NOT meet several of the recommended Met Setup and Meet Site Standards that deal with the safety of lifters competing in a meet set forth in Article XII, Section 11 of the LHSPLA Constitution:

Not Approved: \_\_\_\_\_

This Meet Site has been inspected and met the necessary safety measures recommended in Article XII, Section 11 of the LHSPLA Constitution to contest the meet. However, the host school will be fined \$25.00 each for the infractions listed below. The payment of these fines for the infractions listed below must be taken care of before the host school's participation in their respective Regional Meet.

Infraction:

- |    |    |    |    |
|----|----|----|----|
| a) | b) | c) | d) |
| e) | f) | g) | h) |
| i) | j) | k) | l) |
| m) | n) | o) | p) |
| q) | r) | s) | t) |
| u) |    |    |    |