

2024 Salmen High School Invitational

DATE: January 20, 2024

MEET DIRECTOR: Chris Thomas
Phone: (504) 957-7671
Email: chris.thomas@stpsb.org

SITE: **Salmen High School**
300 Spartan Drive
Slidell, LA 70458

DEADLINE: Entry's Forms e-mailed to me no later than
Monday, January 15, 2024
E-MAIL: chris.thomas@stpsb.org

ALL WAIVER AND ENTRY FORMS CAN BE DOWNLOADED OFF LHSPLA WEBSITE.

ENTRY FEE: **\$25.00 FOR EACH LIFTER** – 22 lifters per team.

MAKE ALL CHECKS PAYABLE TO: Salmen High School

ELIGIBILITY: Schools will be allowed to bring 22 lifters. Any lifter, who meet 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 SHS 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: \$5.00 (Children under school age get in free).

AWARDS: Medals for 1st—3rd place finishers in each weight class.
There will be a team trophy for 1st place and a team trophy for 2nd place

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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 EITHER E-MAILING OR FAXING THEIR TEAMS BODY WEIGHTS AND OPENERS TO *E-MAIL* – chris.thomas@stpsb.org. BY Monday, January 15, 2024, SO THE BODYWEIGHT AND OPENER INFORMATION CAN BE PUT ON THE CARDS.

MEET SCHEDULE (BOYS/GIRLS):

SATURDAY, January 20, 2024

CHECK-IN	6:30 – 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 CERMONIES.....	9:00 A.M.
LIFTING STARTS.....	APPROXIMATELY 9:00 A.M.