



**2024 Ascension Catholic High School Invitational Meet**

**DATE: January 27th, 2024**

**MEET DIRECTOR: Delmond Landry**

**Phone: (225) 303-6877**

**Email: [Delmond.landry@acbulldogs](mailto:Delmond.landry@acbulldogs)**

**MEET WILL BE LIMITED TO 66 TOTAL LIFTERS!!!**

**SITE: 311 St Vincent St Donaldsonville, LA 70346 ( HS GYM)**

**DEADLINE: Entry's Forms e-mailed to me no later than TUESDAY, JANUARY 23, 2024 E-MAIL: [Delmond.landry@acbulldogs.org](mailto:Delmond.landry@acbulldogs.org) 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: ASCENSION CATHOLIC HIGH SCHOOL**

**ELIGIBILITY: Schools will be allowed to bring a maximum of 11 Boy and 11 Girl lifters. Any lifters, who meet the eligibility requirements set forth by the LHSPLA in Article VIII of the constitution.**

**LIFTING SUITS AND SINGLETS ARE NOT REQUIRED.**

**WAIVERS: All lifters participating in the Ascension Catholic High School 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 1<sup>st</sup> place winners and 2<sup>nd</sup>, 3<sup>rd</sup> place finishers will receive a certificate 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 IN AT THEIR SCHOOLS. EACH COACH WILL BE RESPONSIBLE FOR EMAILING THEIR TEAMS BODY WEIGHTS AND OPENERS TO *EMAIL* – Delmond.landry@acbulldogs.org BY TUESDAY, JANUARY 23<sup>RD</sup>, 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 2 PLATFORM MEET

## SATURDAY, JANUARY 27, 2024

CHECK-IN.....7:00 – 8:00 A.M. ( HS GYM)  
COACHES MEETING. ....8:00 – 8:30 A.M.( Hospitality room)  
OFFICIAL’S MEETING.....8:00 – 8:30 A.M.( Hospitality room)  
  
WARM-UP..... 8:25 – 8:45 A.M.( Weight Room)  
REPORT TO PLATFORMS FOR RULES BRIEFING.....8:45 A.M. (Gym)  
OPENING CEREMONIES.....9:00 A.M. (Gym)  
**LIFTING STARTS.....APPROXIMATELY 9:00 A.M.**