



2024 Cedar Creek School Junior-Varsity Invitational Meet

DATE: February 10, 2024

MEET DIRECTOR: Jacob Angevine

SITE: **Cedar Creek School**
2400 Cedar Creek Dr
Ruston, LA 71270

DEADLINE: Entry's Forms e-mailed to me no later than
Monday, February 5, 2024
E-MAIL: jangevine@cedarcreekschool.org

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

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

MAKE ALL CHECKS PAYABLE TO: [Cedar Creek School](#)

ELIGIBILITY: Schools will be allowed to bring as many lifters as they wish. 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 SINGLET'S ARE NOT REQUIRED.

WAIVERS: All lifters participating in the Cedar Creek School JV 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: \$10, (Children under school age get in free)

AWARDS: Trophies for 1st—3rd place finishers in each weight class.
Outstanding Lifter Plaques: light and heavy platform-girls and boys.

CONCESSION: **No outside food or drink allowed**



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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 THEIR TEAMS BODY WEIGHTS AND OPENERS TO

E-MAIL – jangevine@cedarcreekschool.org BY MONDAY, FEBRUARY 5TH, SO THE BODYWEIGHT AND OPENER INFORMATION CAN BE PUT ON THE CARDS.

MEET SCHEDULE (BOYS/GIRLS):

SATURDAY, February 10, 2024

CHECK-IN6:30 A.M. – 8:00 A.M.
COACHES MEETING8:00 – 8:30 A.M.
OFFICIAL’S MEETING..... 8:00 – 8:30 A.M.
WARM-UP.....8:10 – 8:40 A.M.
REPORT TO PLATFORMS FOR RULES BRIEFING.....8:45 A.M.

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