



2024 D'Arbonne Woods Charter School Invitational

DATE: Saturday, February 3rd, 2024

MEET DIRECTOR: Josh Barham
Phone: (318) 376-0252
Email: jbarham@darbonnewoods.com

SITE: **D'Arbonne Woods Charter School**
9560 Highway 33
Farmerville, LA 71241

DEADLINE: Entry's Forms e-mailed to me no later than
MONDAY JANUARY 29th, 2024
E-MAIL: jbarham@darbonnewoods.com

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: [D'Arbonne Woods Charter School](#)

ELIGIBILITY: Schools will be allowed to bring as many lifters as they wish. 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 DWCS Invitational Meet must produce a signed LHSPLA medical and LHSPLA COVID 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: \$10.00 (Children under school age get in free)

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



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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 – jbarham@darbonnewoods.com BY MONDAY, JANUARY 29th, SO THE BODYWEIGHT AND OPENER INFORMATION CAN BE PUT ON THE CARDS.

MEET SCHEDULE (BOYS/GIRLS):

SATURDAY, FEBRUARY 3rd, 2024

CHECK-IN	7:30 – 8:00 A.M.
COACHES MEETING	8:15 – 8:30 A.M.
OFFICIAL'S MEETING.....	8:00 – 8:30 A.M.
WARM-UP.....	8:00 – 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.