



## 2024 LHSPA North Regional Girls Championship Powerlifting Meet

**DATE:** SATURDAY, FEBRUARY 24th

**MEET DIRECTOR:** Sarah Wages, sarah.wages@lincolnschools.org

**LOCATION**

**Ruston Junior High School Gym**

481 Tarbutton Rd, Ruston LA 71720

**ELIGIBILITY**

Each lifter must be eligible under current LHSA rules.

**ENTRY DEADLINES:**

2023-2024 Dates	CALENDAR WEEK	ACTIVITY
Monday, August 7, 2023 - Saturday, November 18, 2023	6th – 20th	Weight training/conditioning permitted. No practice/contests allowed
Monday, November 20, 2023	21st	1st Practice (Current medical history/exam, athletic participation/parental permission, and substance misuse forms must be on file.)
Friday, December 1, 2023	22nd	<b>LHSPA Registration Forms/Fees Due</b> All schools are ineligible to compete at ANY LHSPA Meet until their school's LHSPA Registration form has been received in good order, along with annual Registration Fee and verified via email by the LHSPA Secretary.
Monday, December 11, 2023	24th	1st Regular Season Meet (Eligibility must be filed online)
Monday, January 8, 2024	27th	Deadline for submitting GPAs online for seniors for All-Academic
Wednesday, February 7, 2024	32nd	Entries/Intent to Enter <u>BOYS</u> Regional Meets - All Regions. LHSPA/LHSA Insurance Information/Meet Waivers and Entry Forms Due
Wednesday, February 14, 2024	33rd	Entries/Intent to Enter <u>GIRLS</u> Regional Meets - All Regions. LHSPA/LHSA Insurance Information/Meet Waivers and Entry Forms Due
		Boys LHSPA Regional Meets

Saturday, February 17, 2024	33rd	North – West Monroe South – Covington East – Catholic West – Crowley Central - Pineville Bayou – St. Amant
Saturday, February 24, 2024	34th	Girls LHSPLA Regional Meets North – Ruston South – Covington East – Woodlawn West – Church Point Central – Pickering Bayou – Dutchtown
Tuesday, March 12, 2024	37th	Entries to State Meet Due
Wednesday, March 20, 2024	38th	State Meet - Cajun Dome - ULL
Thursday, March 21, 2024	38th	State Meet - Cajun Dome - ULL
Friday, March 22, 2024	38th	State Meet - Cajun Dome - ULL
Saturday, March 23, 2024	38th	State Meet - Cajun Dome - ULL
Sunday, March 24, 2024 - End of School	39th - 45th	Weight training/conditioning permitted. No practice/contests allowed.
Sunday, May 12, 2024	46th	Summer Rules Begin

### ENTRY FEES

\$25 per lifter. All entry fees must be paid by school check. **Do not mail your entry fee checks to the LHSPLA PO Box—bring all entry fees to weigh-in. Please make your check payable to Ruston High School. Your entry check must match the number of lifters on the entry form you submit on 2/14/24. There will be no refunds for lifters that scratch.**

### ENTRY FORMS

Can be downloaded from the LHSPLA website at [www.lhspla.net](http://www.lhspla.net) on the Forms page.

### SUBMITTING ENTRY FORMS

**GIRLS:** All girls entry forms MUST be emailed by Wednesday, February 14, 2024. Follow directions and complete all fields on the entry form. Email your entry form to [sarah.wages@lincolnschools.org](mailto:sarah.wages@lincolnschools.org).

### SUBMITTING LHSAA/LHSPLA HEALTH INSURANCE AND MEET WAIVER FORMS

**GIRLS:** All ORIGINAL, COMPLETE, SIGNED IN INK insurance/meet waiver forms must be in the hands of your meet director on Wednesday, February 14, 2024. You may hand deliver those to the office at Ruston High School during school hours, 7:25am-3:20pm, or mail to Sarah Wages, Ruston High School, 900 Bearcat Drive, Ruston, LA 71270.

## NUMBER OF ENTRIES

Each girls team can have no more than eleven (11) lifters per team. Each boys team can have no more than eleven (11) lifters per team. A school cannot be represented by more than two (2) lifters per weight class. Each girls team can be represented by fewer than eleven (11) lifters. Each boys team can be represented by fewer than eleven (11) lifters.

## WEIGHT CLASSES

GIRLS	BOYS
97 lbs and below	114.5 and below
105.8	123.5
114.5	132.3
123.5	148.8
132.3	165.3
148.8	181.8
165.3	198.3
181.8	220.3
198.3	242.5
220.3	275.5
220.3+ (SHW)	275.5+ (SHW)

## FORMAT

The three lifts which make up the format of the meet are squat, bench press, and deadlift. Each contestant receives three attempts on each lift. The lifter must complete at least one successful lift in each of the three lifts to continue lifting in the meet. The best successful lift will be counted toward the lifter's total. A winner in each weight class will be determined by the total weight lifted in the three lifts. In the event of a tie within a weight class, body weight will determine the winner. Lifting will be conducted using the rounds system.

## UNIFORMS

All lifters must be dressed in a one piece lifting suit or singlet. Belts are not to exceed 4 inches in width. Lifters must wear shin length socks when deadlift. Please see the LHSPLA Rulebook for additional equipment specifications.

## UNIFORM AND EQUIPMENT WAIVER

Each school is required to submit a signed LHSPLA Uniform and Equipment Waiver. This form can be found on the LHSPLA website at [www.lhspla.net](http://www.lhspla.net) on the Forms page.

## AWARDS

Medals will be awarded to the 1st-3rd Place finishers in each weight class. An Outstanding Lifter trophy will be awarded to the best lifter in the light and heavy divisions for both girls and boys. Regional champion and regional runner-up awards will be given for both boys and girls teams.

## TEAM SCORING

Team scores are calculated using 7-5-3-2-1 points for 1st through 5th place scoring in each weight class. The sum of points determines team placing.

**ADMISSION**

Admission price for all LHSPLA Regional Meets is \$10.00. Children twelve (12) and under will not be charged admission to the LHSPLA Regional Meets. LHSAA Coaching Cards will be honored at all LHSPLA sanctioned meets. Admission is cash only.

**CONCESSIONS**

A full concession stand will be available with snacks and drinks. Jambalaya will be available from 11am-1pm. No outside food will be allowed. Our concession stand accepts cash only.

**T-SHIRTS**

Meet T-shirts will be available for purchase for \$20, cash only.

**MEET SCHEDULE**  
**LHSPLA GIRLS NORTH REGIONAL POWERLIFTING MEET**  
**SATURDAY, FEBRUARY 24, 2024**

GIRLS EARLY WEIGH-IN:	FRIDAY, FEBRUARY 23: 6:00 PM – 8:00 PM RUSTON JR HIGH - PE LOCKER ROOMS
GIRLS REGULAR WEIGH-IN:	SATURDAY, FEBRUARY 24: 6:30 AM – 8:00 AM RUSTON JR HIGH - PE LOCKER ROOMS
GIRLS COACHES MEETING:	SATURDAY, FEBRUARY 24: 8:00 AM RUSTON JR HIGH - CAFETERIA
OFFICIAL'S MEETING:	SATURDAY, FEBRUARY 24: 8:00 AM RUSTON JR HIGH - CAFETERIA
WARM-UP 1 <sup>st</sup> FLIGHT:	SATURDAY, FEBRUARY 24: 8:00 AM – 8:45 AM RUSTON JR HIGH - WEIGHT ROOM
1 <sup>st</sup> FLIGHT LIFTERS REPORT TO PLATFORMS:	SATURDAY, FEBRUARY 24: 8:45 AM RUSTON JR HIGH - GYM
INVOCATION/ANTHEM:	SATURDAY, FEBRUARY 24: 8:55 AM RUSTON JR HIGH - GYM
LIFTING STARTS:	SATURDAY, FEBRUARY 24: 9:00 AM RUSTON JR HIGH - GYM
GIRLS AWARDS CEREMONY:	SATURDAY, FEBRUARY 24: Approx. 3:00 PM RUSTON JR HIGH - GYM