



2024 LHSPLA South Regional Boys and Girls Championship Powerlifting Meet

DATE: **SATURDAY, FEBRUARY 17th (BOYS) or SATURDAY, FEBRUARY 24th (GIRLS)**

MEET DIRECTOR:

John Burford

johnburford113@gmail.com

LOCATION

Covington High School Gymnasium
73030 Lion Dr
Covington, LA 70433

ELIGIBILITY

Each lifter must be eligible under current LHSAA 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	LHSPLA Registration Forms/Fees Due All schools are ineligible to compete at ANY LHSPLA Meet until their school's LHSPLA Registration form has been received in good order, along with annual Registration Fee and verified via email by the LHSPLA 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 BOYS Regional Meets - All Regions. LHSPLA/LHSAA Insurance Information/Meet Waivers and Entry Forms Due

Wednesday, February 14, 2024	33rd	Entries/Intent to Enter <u>GIRLS</u> Regional Meets - All Regions. LHSPLA/LHSAA Insurance Information/Meet Waivers and Entry Forms Due
Saturday, February 17, 2024	33rd	Boys LHSPLA Regional Meets 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 PO Box—bring all entry fees to weigh-in. Please make your check payable to Covington High School Powerlifting.**

ENTRY FORMS

Can be downloaded from the LHSPLA website at www.lhspla.net on the Forms page.

SUBMITTING ENTRY FORMS

BOYS: All boys entry forms MUST be emailed by Wednesday, February 7, 2024. Follow directions and complete all fields on the entry form. Email your entry form to johnburford113@gmail.com.

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 johnburford113@gmail.com.

SUBMITTING LHSAA/LHSPLA HEALTH INSURANCE AND MEET WAIVER FORMS

BOYS: All ORIGINAL, COMPLETE, SIGNED IN INK insurance/meet waiver forms must be in the hands of your meet director on Wednesday, February 7, 2024.

Attn: Travis Hunt / John Burford
Covington High School
73030 Lion Dr
Covington, LA 70433

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.

Attn: Travis Hunt / John Burford
Covington High School
73030 Lion Dr
Covington, LA 70433

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. must wear shin length socks when deadlift. Please see the LHSPLA Rulebook for additional equipment

Lifters

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 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.

MEET SCHEDULE
LHSPLA BOYS SOUTH REGIONAL POWERLIFTING MEET
SATURDAY, FEBRUARY 17, 2024

BOYS EARLY WEIGH-IN:	FRIDAY, FEBRUARY 16: 6:00 – 8:00 PM Covington High School Gymnasium
BOYS REGULAR WEIGH-IN:	SATURDAY, FEBRUARY 17: 6:30 – 8:00 AM Covington High School Gymnasium
BOYS COACHES MEETING:	SATURDAY, FEBRUARY 17: 8:00 AM
OFFICIAL'S MEETING:	SATURDAY, FEBRUARY 17: 8:00 AM
WARM-UP 1 st FLIGHT:	SATURDAY, FEBRUARY 17: 8:00 – 8:45 AM
1 st FLIGHT LIFTERS REPORT TO PLATFORMS:	SATURDAY, FEBRUARY 17: 8:45 AM
INVOCATION/ANTHEM:	SATURDAY, FEBRUARY 17: 8:55 AM
LIFTING STARTS:	SATURDAY, FEBRUARY 17: 9:00 AM
BOYS AWARDS CEREMONY:	SATURDAY, FEBRUARY 17: Approx 5:00 PM

MEET SCHEDULE
LHSPLA GIRLS SOUTH REGIONAL POWERLIFTING MEET
SATURDAY, FEBRUARY 24, 2024

GIRLS EARLY WEIGH-IN:	FRIDAY, FEBRUARY 23: 6:00 – 8:00 PM Covington High School Gymnasium
GIRLS REGULAR WEIGH-IN:	SATURDAY, FEBRUARY 24: 6:30 – 8:00 AM Covington High School Gymnasium
GIRLS COACHES MEETING:	SATURDAY, FEBRUARY 24: 8:00 AM
OFFICIAL'S MEETING:	SATURDAY, FEBRUARY 24: 8:00 AM
WARM-UP 1 st FLIGHT:	SATURDAY, FEBRUARY 24: 8:00 – 8:45 AM
1 st FLIGHT LIFTERS REPORT TO PLATFORMS:	SATURDAY, FEBRUARY 24: 8:45 AM
INVOCATION/ANTHEM:	SATURDAY, FEBRUARY 24: 8:55 AM
LIFTING STARTS:	SATURDAY, FEBRUARY 24: 9:00 AM
GIRLS AWARDS CEREMONY:	SATURDAY, FEBRUARY 24: Approx. 3:00 PM