



2024 LHSPLA WEST Regional Boys Championship Powerlifting Meet

DATE: **SATURDAY, FEBRUARY 17th (BOYS)**

MEET DIRECTOR: Teresa Lavergne
Kirk Lavergne jlavergne@acadia.k12.la.us

LOCATION
Crowley High School

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 GIRLS 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 |

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|---|--------------------|---|
| 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 Crowley High School.**

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 jlavergne@acadia.k12.la.us

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.**

Kirk Lavergne

305 East Lougarre ST

Church Point, LA 70525

NUMBER OF ENTRIES

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 boys team can be represented by fewer than eleven (11) lifters.

WEIGHT CLASSES

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|-----------------|
| BOYS |
| 114.5 and below |
| 123.5 |
| 132.3 |
| 148.8 |
| 165.3 |

| |
|--------------|
| 181.8 |
| 198.3 |
| 220.3 |
| 242.5 |
| 275.5 |
| 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 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 WEST REGIONAL POWERLIFTING MEET
SATURDAY, FEBRUARY 17, 2024

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