

2025 LHSPLA ARCA Invitational



DATE: Monday, December 23, 2024

MEET DIRECTOR: Michelle Clark
Email: mclark1@acadianacharter.org

SITE: Acadiana Renaissance Charter Academy (Youngsville)

DEADLINE: 200 lifters is the cap for entries
When the cap is reached, no more entries will be accepted.
Email meet director to determine if meet is full and about specifics of registering lifters.

ENTRY FEE: **\$35.00 FOR EACH LIFTER** – Unlimited lifters per team.
MAKE ALL CHECKS PAYABLE TO: *ARCA High School Powerlifting*
Spots are only reserved upon receipt of nonrefundable check.
Contact meet director before mailing check to make sure meet is not sold out.
If a coach scratches lifters, the coach can replace the lifters though December 19.
No refunds will be issued for any reason.

SPECTATORS: \$10 spectator admission. Free for ages 5 and under.

ELIGIBILITY: Any lifter, who meets the eligibility requirements set forth by the LHSPLA constitution is eligible to lift.

UNIFORM: Shorts and t-shirt are permitted - One piece lifting suit or singlet is encouraged.

CONCESSION: No outside food or drink is permitted.

SCHEDULE
CHECK-IN.....8:30 until 9:30 A.M.
COACHES MEETING.....10:00 A.M
OFFICIALS MEETING.....10:05 A.M.
LIFTING STARTS.....10:30 A.M.

ON THE MORNING OF THE MEET, COACH MUST SUBMIT WAIVER FOR EACH ATHLETE.