

Holden Holiday Powerlifting Meet



Date: December 21st, 2024

Meet Director: David White

Phone: (985)-974-3377

Email: david.white@lpsb.org

SITE: Holden High School- Back Gym

30120 Hwy. 441

Holden, La 70744

DEADLINE: December 11, 2024

Non-refundable checks must accompany entry forms to secure a spot in the meet. Meet will have a **150-lifter capacity**. Spots reserved via receipt of non-refundable check. Coaches may alter their roster as needed, but no refunds will be issued.

ALL WAIVER AND ENTRY FORMS CAN BE DOWNLOADED OFF LHSPLA WEBSITE.

ENTRY FEE: **\$25.00** FOR EACH LIFTER

MAKE ALL CHECKS PAYABLE TO: Holden High School

ELIGIBILITY: Schools will be limited to **20 lifters** . Any Lifter, who meet the eligibility requirements set forth by the LHSPLA in Article VIII of the constitution, are eligible to lift.

WAIVERS: All lifters participating in the Holden High School Invitational Meet must produce a signed 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 awards for top light and heavy male and female.

2024 Holden Holiday Powerlifting Invitational at Holden High School

Schedule of Events

TO EXPEDITE THE CHECK-IN PROCESS PLEASE EMAIL ALL SIGNED INSURANCE/WAIVERS FORMS TO david.white@lpsb.org BY DECEMBER 11th, 2024

THERE WILL BE A WEIGH-IN HELD ON SATURDAY MORNING. EACH TEAM WILL BE WEIGHED IN ON SITE BEFORE LIFTING BEGINS

PLEASE SEND PROJECTED ENTRIES AND OPENERS TO david.white@lpsb.org BY DECEMBER 11TH, 2024

MEET SCHEDULE (BOYS/GIRLS):

SATURDAY, DECEMBER 21, 2024

WEIGH INS 5:30-8:00 A.M.

COACHES MEETING 8:15-8:30 A.M.

OFFICIAL'S MEETING 8:15-8:30 A.M.

WARM-UP 8:25-8:45 A.M.

REPORT TO PLATFORMS FOR RULES BRIEFING 8:45AM

OPENING CEREMONIES 9:00A.M.

LIFTING STARTS..... APPROXIMATELY 9:00 A.M.

