

# 2024 LAKE ARTHUR HIGH SCHOOL TIGER INVITATIONAL

DATE: December 28, 2024

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SITE: Lake Arthur High School  
4374 TIGER LANE  
LAKE ARTHUR, La. 70549

DEADLINE: **Entry forms to be e-mailed no later than Monday December 23rd, 2024**  
E-Mail: [alan.bryant@jdpsbk12.org](mailto:alan.bryant@jdpsbk12.org)  
All waiver and entry forms can be downloaded from the LHSPLA website.

**200 lifters are the maximum number that will be accepted**

ENTRY FEE: \$25.00 PER LIFTER  
Make all checks payable to Lake Arthur High School Powerlifting  
**Please put Powerlifting Meet in the memo section**

ELIGIBILITY: Any lifter who meets the eligibility requirements set forth by the LHSPLA in Article VIII of the constitution is eligible to lift. Schools will be allowed to bring as many lifters as they wish as space allows.

WAIVERS: All lifters participating in the Lake Arthur High School Tiger Invitational Powerlifting 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.  
Lifting Suits and singlets are not required

ADMISSION: \$ 10.00 General Admission (Children 8 and under get in free)

AWARDS: Medals for 1<sup>st</sup> – 3<sup>rd</sup> place finishers in each weight class.  
Outstanding Lifter Trophies: Light and Heavy Weight Platform  
1<sup>st</sup> and 2<sup>nd</sup> place trophies for girls' and boys' teams

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## MEET SCHEDULE

FRIDAY, DECEMBER 27<sup>TH</sup> 2024

EARLY WEIGH IN: 6:00 PM – 8:00 PM

SATURDAY, DECEMBER 28<sup>TH</sup> 2024

REGULAR WEIGH IN: 6:30 AM – 8:00 AM

COACHES MEETING: 8:00 AM – 8:30 AM

WARM-UP 1<sup>ST</sup> FLIGHT: 8:00 AM – 8:45 AM

1<sup>ST</sup> FLIGHT LIFTERS REPORT TO PLATFORMS FOR RULES BRIEFING: 8:45 AM

OPENING CEREMONIES: 8:55 AM

LIFTING STARTS: 9:00 AM

AWARDS CEREMONY APPROXIMATELY 5:00 PM

All schools are ineligible to compete at ANY LHSPLA meet until their schools LHSPLA registration form has been received in good order, along with the annual registration fee and verified via email by the LHSPLA secretary.