

# 2025 LHSPLA Comeaux Invitational



DATE: **January 4, 2025**

MEET DIRECTOR: Mandy McQuade  
Email: [mandymcquade79@gmail.com](mailto:mandymcquade79@gmail.com)

SITE: Ovey Comeaux High School – Boys Gym

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: *Comeaux 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 30.  
**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.**

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