

2025 LHSPLA Crowley **RAW** Invitational



DATE: **January 11, 2025**

MEET DIRECTOR: Paul Benoit
Email: ipbenoit@acadia.k12.la.us

SITE: Crowley High School – 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: *Crowley 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 lifter though January 6.
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.
Belt, neoprene knee sleeves, and wrist wraps are permitted.
Supportive suits and knee wraps are NOT permitted.

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.