



2025 Griffin Invitational



DATE: January 4, 2025

MEET DIRECTOR: Wade Hooper
Phone: (225) 620-7680
Email: wade.hooper@apsb.org

This will be a 3 platform meet 150 person meet.

SITE: **Dutchtown High School**
Main Gym
13165 Hwy 73
Geismar, LA 70734

DEADLINE: Entry Forms emailed to me no later than
Wednesday, January 1, 2025
EMAIL: wade.hooper@apsb.org

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

ENTRY FEE: **\$25.00 FOR EACH LIFTER** – Schools will be allowed to bring a maximum of 22 lifters.

MAKE ALL CHECKS PAYABLE TO: Dutchtown High School
13165 Hwy 73
Geismar, LA 70734

ELIGIBILITY: Schools will be allowed to have 22 lifters maximum, 11 boys & 11 girls. Any lifter who meets the eligibility requirements set forth by the LHSPLA in Article VIII of the constitution, are eligible to lift.

LIFTING SUITS AND SINGLETS ARE NOT REQUIRED.

WAIVERS: All lifters must produce a signed waiver to be eligible to compete. See Page 3 of this document.

UNIFORM: The LHSPLA uniform rule, Rule III.B.1-3, will be waived for all lifters.

ADMISSION: General Admission: \$10 dollars

AWARDS: Certificates for 1st – 3rd place finishers in each weight class.



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TO EXPEDITE THE CHECKING IN PROCESS AND MEET START TIME, EACH COACH WILL BE RESPONSIBLE FOR EITHER EMAILING OR FAXING THEIR TEAM'S OPENERS TO wade.hooper@apsb.org BY WEDNESDAY, JANUARY 1, 2025 SO THEN OPENER INFORMATION CAN BE PUT ON THE CARDS AND FLIGHTS CAN BE ASSIGNED AHEAD OF TIME.

MEET SCHEDULE (BOYS/GIRLS)

FRIDAY, JANUARY 4, 2025

EARLY CHECK-IN & WEIGH-IN 4:30 – 7:00 p.m.

SATURDAY, JANUARY 11, 2025

CHECK-IN & WEIGH-IN	7:00 – 8:30 a.m.
COACHES MEETING	9:00 – 9:30 a.m.
OFFICIAL'S MEETING	9:00 – 9:30 a.m.
WARM-UP	9:25 – 9:45 a.m.
REPORT TO PLATFORMS FOR RULES BRIEFING	9:45 a.m.
OPENING CEREMONIES	10:00 a.m.
LIFTING STARTS	APPROXIMATELY 10:00 a.m.