



2025 Jewel Sumner Cowboy Invitational



Date: January 25th, 2025

MEET DIRECTOR: Zach Kellem
Phone: (985)514-2914
Email: zachary.kellem@tangischools.org

SITE: Jewel Sumner High School Gym
15841 LA-440
Kentwood, LA 70444

DEADLINE: January 15, 2025

Entry forms and insurance waiver forms are due on January 15, 2025.

ALL WAIVER AND ENTRY FORMS CAN BE DOWNLOADED OFF LHSPLA WEBSITE. ENTRY FEE: \$25.00 FOR EACH LIFTER –

MAKE ALL CHECKS PAYABLE TO: JEWEL SUMNER HIGH SCHOOL

ELIGIBILITY: Schools will be allowed to enter as many lifters as they wish, unless otherwise noted. Any lifter, who meets the eligibility requirements set forth by the LHSPLA in Article VIII of the constitution, is eligible to lift. **WAIVERS:** All lifters participating in the Cowboy Invitational 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: Adults: \$10.00 (Children under the age of 5 get in free). Students with a valid school ID (any school) will have an admission of \$5.00.

AWARDS: Medals will be awarded for 1st—3rd place finishers in each weight class. Outstanding Lifter awards will be awarded for the top lightweight and heavyweight male and female.

Schedule of Events

To expedite the check-in process, there will be no weigh-in held onsite. Each team will be allowed to weigh their athletes in at their schools. **Each coach will be responsible for e-mailing their teams body weights and openers to zachary.kellem@tangischools.org Wednesday, January 15, 2025** so the bodyweight and opener information can be entered into the computerized scoring system.

MEET SCHEDULE (BOYS/GIRLS):

Saturday, January 25th, 2025

CHECK-IN / WEIGH-IN 6:30-8:00 A.M.

COACHES MEETING 8:00-8:30 A.M.

OFFICIAL'S MEETING 8:00-8:30 A.M.

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

REPORT TO PLATFORMS FOR RULES BRIEFING 8:45 A.M.

OPENING CEREMONIES 9:00 A.M.

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

I look forward to working with everyone at our upcoming meet. I hope everyone has a safe trip and lifting day.

Zach Kellem

JSHS Powerlifting Head Coach

