



2025 Loranger Invitational

Date: 02/1/2025

Site: Loranger High School Gym
19404 Hiatt Street
Loranger, LA 70454

Deadline: Entry forms should be emailed to me by
January 27, 2025.
garrett.schexnayder@tangiscjools.org

**All waiver and entry forms can be
downloaded from the LHSPLA website.**

Entry Fee: \$25.00 for each lifter

Make all checks payable to Loranger High School

Eligibility: Any lifter, who meets the eligibility
requirements set for by the LHSPLA in
Article VIII of the constitution, are
eligible to lift.

LIFTING SUITS AND SINGLETs ARE NOT REQUIRED

Waivers: All lifters participating in the Loranger 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.

Admission: Adults: \$10.00 (Children under school age get in free)
LHS is a cashless campus, a QR code will be provided for admission into the meet.

Awards: Medals for 1st-3rd place finishers in each weight class.
Outstanding Lifter Plaques: light and heavy platform- girls and boys

Concession: No outside food or drink allowed



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Schedule of Events

TO EXPEDITE THE CHECKING IN PROCESS, THERE WILL BE NO WEIGH-INS HELD ON FRIDAY NIGHT OR SATURDAY MORNING. EACH TEAM WILL BE ALLOWED TO WEIGH IN THEIR KIDS AT THEIR SCHOOLS. EACH COACH WILL BE RESPONSIBLE FOR EITHER EMAILING THEIR TEAMS BODY WEIGHTS AND OPENERS TO GARRETT SCHEXNAYDER BY MONDAY, JANUARY 28TH SO THE BODY WEIGHT AND OPENER INFORMATION CAN BE PUT IN LIFTINGCAST.

MEET SCHEDULE (BOYS'/GIRLS)

SATURDAY, FEBRUARY 1, 2025

CHECK-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	8:10 - 8:45 A.M.
REPORT TO PLATFORMS FOR RULES BRIEFING	8:45 A. M.
LIFTING STARTS	9:00 A. M.