

2024 Church Point Girl's RAW

Powerlifting Meet

DATE: December 21, 2024

MEET DIRECTOR: Kirk Lavergne
Phone: [337-247-1618](tel:337-247-1618)
Email: johnkirklavergne@gmail.com

SITE: **Church Point High School**
305 E. Lougarre St.
Church Point, LA 70525

DEADLINE: Entry Forms e-mailed to me no later than
Monday, December 16th @3:00pm.
E-MAIL: johnkirklavergne@gmail.com

**ALL WAIVER AND ENTRY FORMS CAN BE DOWNLOADED FROM THE
LHSPLA WEBSITE.**

ENTRY FEE: **\$25.00 FOR EACH LIFTER**

MAKE ALL CHECKS PAYABLE TO: *Church Point High School*

ELIGIBILITY: 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 **Church Point Girl's RAW**
Powerlifting Meet 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. **NO lifting suits and no knee
wraps. Can wear singlet, shorts, t-shirt, knee
sleeves, lifting belt, and wrist wraps.**

ADMISSION: \$10.00 General Admission (Children 1st Grade and under get in free)

AWARDS: Medals for 1st—3rd place finishers in each weight class.
Outstanding Lifter Trophies: light and heavy platform.

MEET SCHEDULE
Church Point Girl's RAW Powerlifting Meet
SATURDAY, DECEMBER 21, 2024

GIRLS EARLY WEIGH-IN:	FRIDAY, DECEMBER 20: 6:00 – 8:00 PM
GIRLS REGULAR WEIGH-IN:	SATURDAY, DECEMBER 21: 6:30 – 8:00 AM
GIRLS COACHES MEETING:	SATURDAY, DECEMBER 21: 8:00 AM
WARM-UP 1 st FLIGHT:	SATURDAY, DECEMBER 21: 8:00 – 8:45 AM
1 st FLIGHT LIFTERS REPORT TO PLATFORMS:	SATURDAY, DECEMBER 21: 8:45 AM
RULES BRIEFING FOR ALL FLIGHTS:	SATURDAY, DECEMBER 21: 8:45 AM
INVOCATION/ANTHEM:	SATURDAY, DECEMBER 21: 8:55 AM
LIFTING STARTS:	SATURDAY, DECEMBER 21: 9:00 AM
GIRLS AWARDS CEREMONY:	SATURDAY, DECEMBER 21: Approx. 3:00 PM

PLEASE NOTE:

All schools are ineligible to compete at ANY LHSPLA Meet until their school's LHSPLA Registration form has been received in good order, along with annual Registration Fee and verified via email by the LHSPLA Secretary.