



2025 Northwood Invitational Meet

DATE: February 1, 2025

MEET DIRECTOR: **Cody Malone, Boys Head Coach**
Phone: (318) 426-2268
[Email: mcmalone@caddoschools.org](mailto:mcmalone@caddoschools.org)

SITE: **Northwood High School**
5939 Old Mooringsport Rd.
Shreveport, LA 71107

DEADLINE: **Entry's Forms emailed to me no later than
TUESDAY, JANUARY 28, 2025
E-MAIL: mcmalone@caddoschools.org
ALL WAIVER AND ENTRY FORMS CAN BE DOWNLOADED OFF LHSPLA
WEBSITE. I HAVE ALSO ATTACHED TO THIS EMAIL.**

ENTRY FEE: **\$20.00 FOR EACH LIFTER**

MAKE ALL CHECKS PAYABLE TO: Northwood High School

ELIGIBILITY **Schools do not have a lifter amount per weight class limit. 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 participating in the Northwood Invitational 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.**

ADMISSION: **Adults: \$8.00 (Children under 5 free admission)**

AWARDS: **Medals for 1st, 2nd, and 3rd place finishers in each weight class.
Outstanding Lifter Trophies: light and heavy platform-girls and boys.
Boys and Girls team awards will be presented to the 1st and 2nd place teams.**

2025 Northwood Invitational Meet

Schedule of Events

TO EXPEDITE THE CHECKING IN PROCESS, THERE WILL BE NO WEIGH-IN HELD ON FRIDAY NIGHT OR SATURDAY MORNING. EACH TEAM WILL BE ALLOWED TO WEIGH THEIR KIDS IN AT THEIR SCHOOLS. EACH COACH WILL BE RESPONSIBLE FOR EMAILING THEIR TEAMS BODY WEIGHTS AND OPENERS TO *EMAIL* – mcmalone@caddoschools.org BY TUESDAY, JANUARY 28TH, SO THE BODYWEIGHT AND OPENER INFORMATION CAN BE PUT ON THE CARDS.

NO OUTSIDE FOOD ALLOWED AT THE MEET. WE WILL HAVE CONCESSIONS AVAILABLE.

MEET SCHEDULE (BOYS/GIRLS):

THIS IS A 3 PLATFORM MEET

SATURDAY, JANUARY 18, 2025

CHECK-IN.....7:00 – 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.