



TIMBERWOLVES

2025 D'Arbonne Woods Charter School Invitational

DATE: Saturday, January 25th, 2025

MEET DIRECTOR: Josh Barham
Phone: (318) 376-0252
Email: jbarham@darbonnewoods.com

SITE: **D'Arbonne Woods Charter School**
9560 Highway 33
Farmerville, LA 71241

DEADLINE: Entry's Forms e-mailed to me no later than
5pm on MONDAY JANUARY 20TH, 2025
E-MAIL: jbarham@darbonnewoods.com

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

ENTRY FEE: **\$25.00 FOR EACH LIFTER** – Unlimited lifters per team.
**** Teams are responsible for paying the entry fee for all lifters listed on the entry form ****

MAKE ALL CHECKS PAYABLE TO: [D'Arbonne Woods Charter School](#)

ELIGIBILITY: Schools will be allowed to bring as many lifters as they wish. Any lifter, who meet 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.

UNIFORM: The LHSPLA uniform rule, Section III, rule 1 a-d, will be waived for all lifters.

WAIVERS: All lifters participating in the DWCS Invitational Meet must produce a signed LHSPLA meet waiver to be eligible to compete. This is obtainable on LHSPLA.net

ADMISSION: \$10.00 (Children not of school age get in free)

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



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Schedule of Events

EACH COACH WILL BE RESPONSIBLE FOR EITHER E-MAILING OR FAXING THEIR TEAMS EXPECTED WEIGHT CLASSES AND OPENERS TO:

E-MAIL – jbarham@darbonnewoods.com BY MONDAY, JANUARY 20TH, SO THE BODYWEIGHT AND OPENER INFORMATION CAN BE PUT ON THE CARDS. **** THIS IS STILL DEPENDENT UPON WEIGH-INS EITHER THE DAY BEFORE OR MORNING OF THE MEET ****

MEET SCHEDULE (BOYS/GIRLS):

FRIDAY, JANUARY 24TH, 2025

EARLY WEIGH-IN (confirm by email ahead of time if coming)5:00 – 7:00 P.M.

SATURDAY, JANUARY 25TH, 2025

CHECK-IN & WEIGH-INS.....7:00 – 8:00 A.M.
 COACHES MEETING8:00 – 8:30 A.M.
 OFFICIAL'S MEETING..... 8:00 – 8:30 A.M.
 WARM-UP.....8:00 – 8:45 A.M.
 REPORT TO PLATFORMS FOR RULES BRIEFING.....8:50 A.M.
 OPENING CERMONIES.....9:00 A.M.
LIFTING STARTS..... APPROXIMATELY 9:05 A.M.