



# 2025 JV Westbank Invitational



**Date:** February 1st, 2025

**Meet Director:** Ian Walters  
Phone: 504-913-3448  
Email: [waltersi@bellsouth.net](mailto:waltersi@bellsouth.net)

**Site:** Archbishop Shaw High School  
1000 Salesian Lane  
Marrero, LA 70072

**Deadline:** Spots must be confirmed by email no later than **January 4th**  
Email [waltersi@bellsouth.net](mailto:waltersi@bellsouth.net)  
Please inform the meet director as soon as possible if you will not be needing all of your requested spots. At the Deadline, teams agree to pay for all confirmed spots before anyone from that team is allowed to compete.

**Entry Fee:** \$25 per lifter

**Eligibility:** Any lifter who meets the eligibility requirements set forth by the LHSPLA in Article VIII of the constitution are eligible to lift. All lifters must produce a signed waiver before competing

**Uniforms:** The LHSPLA uniform rule, Section II, rule 1 a-d will be waived for all lifters

<b>Admissions:</b>	<b>Adults</b>	<b>\$10</b>
	<b>Students with ID</b>	<b>\$5</b>
	<b>Under 10</b>	<b>Free</b>

**Awards:** Medals for 1st - 3rd place in each weight class  
Outstanding Lifter Awards: Light & Heavy platforms, boys and girls  
1<sup>st</sup> and 2<sup>nd</sup> place teams, boys and girls



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## 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 e-mailing their team's bodyweights and openers to [waltersi@bellsouth.net](mailto:waltersi@bellsouth.net) by **Jan. 25th**.

### **Meet Schedule (Boys and Girls)**

<b>Check-In</b>	<b>6:30 – 8:00 AM</b>
<b>Coaches Meeting</b>	8:00 – 8:30 AM
<b>Officials Meeting</b>	8:00 – 8:30 AM
<b>Warm-up</b>	8:25 – 8:45 AM
<b>Report to platforms</b>	8:45 AM
<b>Opening ceremonies</b>	8:55 AM
<b>Lifting start</b>	9:00 AM