



## 2025 KNIGHT INVITATIONAL

DATE: January 18, 2025

MEET DIRECTOR: Jesse Esters  
Phone: (318) 537-4338  
Email: [jesters@caddoschools.org](mailto:jesters@caddoschools.org)

**This will be a 3 platform meet with 150 person capacity.**

SITE: **Woodlawn High School  
Main Gym  
7340 Wyngate Blvd  
Shreveport, LA 71106**

DEADLINE: Entry Forms emailed to me no later than  
**Wednesday, January 11, 2025**  
EMAIL: [jesters@caddoschools.org](mailto:jesters@caddoschools.org)

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

ENTRY FEE: **\$25.00 FOR EACH LIFTER** – Schools will be allowed to bring a maximum of 22 lifters.

**MAKE ALL CHECKS PAYABLE TO: Woodlawn High School NOTE: ENTRY FEE  
7340 Wyngate Blvd  
Shreveport, LA 71106**

**\*NOTE: THIS WILL BE “FIRST PAY/ FIRST PLAY” BASIS. SO, SEND YOUR CHECK TO SECURE YOUR SPOTS**

ELIGIBILITY: Schools will be allowed to have 22 lifters maximum. 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 must produce a signed waiver to be eligible to compete. See LHSPLA website for this document.

UNIFORM: The LHSPLA uniform rule, Rule III.B.1-3, will be waived for all lifters.

ADMISSION: General Admission: \$5 dollars

AWARDS: MEDALS FOR 1<sup>st</sup> – 3<sup>rd</sup> PLACE FINISHERS IN EACH WEIGHT CLASS.  
1<sup>st</sup> AND 2<sup>nd</sup> PLACE TEAM TROPHY  
BEST SQUAT, BENCH AND DEADLIFT AWARD FOR GIRLS AND BOYS



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TO EXPEDITE THE CHECKING IN PROCESS AND MEET START TIME, EACH COACH WILL BE RESPONSIBLE FOR EMAILING THEIR TEAM'S OPENERS TO [jesters@caddoschools.org](mailto:jesters@caddoschools.org) BY SATURDAY, JANUARY 11, 2025 SO THAT THE OPENERS INFORMATION CAN BE PUT ON THE CARDS AND FLIGHTS CAN BE ASSIGNED AHEAD OF TIME.

### **MEET SCHEDULE (BOYS/GIRLS)**

#### **FRIDAY, JANUARY 17, 2025**

EARLY CHECK IN AND WEIGH-IN 4:30-7:30

#### **SATURDAY, JANUARY 18, 2025**

CHECK-IN & WEIGH-IN	6:00 – 7:30 a.m.
COACHES MEETING	8:00 – 8:30 a.m.
OFFICIAL'S MEETING	8:00 – 8:30 a.m.
WARM-UP	8:00 – 8:45 a.m.
LIFTERS REPORT TO PLATFORMS FOR RULES BRIEFING	8:45 a.m.
OPENING CEREMONIES	8:55 a.m.
LIFTING STARTS	<b>APPROXIMATELY 9:00 a.m.</b>