



2024 Lady Wampus Cat Invitational Powerlifting Meet



DATE: December 21, 2024

MEET DIRECTOR: Derek Toro
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SITE: **Leesville High School**
502 Berry Drive
Leesville, LA 71446

DEADLINE: Entry Forms e-mailed to me no later than
Friday, December 21st @3:00pm.
E-MAIL: derek.toro@vpsb.us

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

ENTRY FEE: **\$25.00 FOR EACH LIFTER – THERE IS A \$100 NONREFUNDABLE DEPOSIT FOR ALL TEAMS TO RESERVE THEIR SPOT IN THE COMPETITION. DEPOSIT IS DUE BEFORE DECEMBER 1ST, 2024.**

TEAMS WILL STILL BE RESPONSIBLE THE FEES OF ANY LIFTER LISTED ON THEIR ENTRY FORM THAT DOES NOT COMPETE.

MAKE ALL CHECKS PAYABLE TO: *Leesville High School Powerlifting*

ELIGIBILITY: Any lifter who meets the eligibility requirements set forth by the LHSPLA in Article VIII of the constitution is eligible to lift.

LIFTING SUITS AND SINGLETS ARE NOT REQUIRED.

WAIVERS: All lifters participating in the Lady Wampus Cat 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: \$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.
Team awards will be presented to the 1st and 2nd place teams.

Schedule of Events

TO EXPEDITE THE CHECKING-IN PROCESS, AN EARLY WEIGH-IN WILL BE HELD ON FRIDAY NIGHT AND ANOTHER EARLY SATURDAY MORNING.

EACH TEAM WILL BE ALLOWED TO WEIGH THEIR LIFTERS IN LEESVILLE HIGH SCHOOL WITH A COACH FROM LHS.

EACH COACH WILL BE RESPONSIBLE FOR E-MAILING THEIR TEAMS' ROSTER AND OPENERS TO derek.toro@ypsb.us BY FRIDAY, DECEMBER 1ST, SO THE ROSTER AND OPENER INFORMATION CAN BE PUT ON THE CARDS.

MEET SCHEDULE:

FRIDAY, DECEMBER 20TH:

EARLY WEIGH-IN.....6:30 – 8:00 A.M.

SATURDAY, DECEMBER 21ST:

CHECK-IN6:30 – 8:00 A.M.

WEIGH-IN7:00 – 8:45 A.M.

COACHES MEETING8:00 – 8:30 A.M.

OFFICIAL'S MEETING..... 8:00 – 8:30 A.M.

WARM-UP.....8:00A.M. – 8:45 A.M.

REPORT TO PLATFORMS FOR RULES BRIEFING.....8:45 A.M.

OPENING CERMONIES.....8:55 A.M.

LIFTING STARTS.....9:00 A.M.