

# **2025 Last Chance Invitational**

## **Hosted by West Monroe High School**

DATE: February 4<sup>th</sup>, 2024

MEET DIRECTOR: Obie Sims

SITE: **West Monroe High School Old Gym**  
201 Riggs Street  
West Monroe, LA 71291

DEADLINE: Entry's Forms must be e-mailed to me no later than  
**Tuesday, January 28th 2025**  
E-MAIL: [obiesims1@gmail.com](mailto:obiesims1@gmail.com)

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

ENTRY FEE: **\$25.00 FOR EACH LIFTER**

**MAKE ALL CHECKS PAYABLE TO: West Monroe High School**

ELIGIBILITY: 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 Billy Jack Talton Hall of Fame 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: \$10, (Children under school age get in free)

CONCESSION: **No outside food or drink allowed**

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### Schedule of Events

WEIGH-INS WILL BE HELD ON MEET DAY BEFORE THE MEET FROM 3 P.M. TO 4 P.M. FOR THOSE THAT WANT TO WEIGH IN ON FRIDAY. THERE WILL BE NO WEIGH-INS AFTER THAT. EACH COACH WILL BE RESPONSIBLE FOR E-MAILING THEIR TEAMS ENTRY FORMS WITH OPENERS TO OBIE SIMS *E-MAIL @ obiesims1@gmail.com* BY TUESDAY, JANUARY 28th. EACH TEAM WILL ONLY BE ALLOWED 4 LIFTERS. MEET FEE CHECK MUST BE RECEIVED PRIOR TO COMPETING.

### MEET SCHEDULE (BOYS/GIRLS):

#### Tuesday, February 4<sup>th</sup>, 2025

CHECK-IN/WEIGH-INS .....3:00 P.M. – 3:45 P.M.  
COACHES MEETING .....3:45 P.M – 4:00 P.M.  
OFFICIAL’S MEETING..... 3:45 P.M. – 4:00 P.M.  
WARM-UP.....4:00 P.M. – 4:20 P.M.  
REPORT TO PLATFORMS FOR RULES BRIEFING.....4:20 P.M.  
**LIFTING STARTS..... APPROXIMATELY 4:30 P.M.**