

# 2nd Annual Meet

## 2025 *Red Devils* Powerlifting Classic

Saturday January 11, 2025

**Pickering High School**

180 LeBleu Road

Leesville, LA 71446



**Meet Director:** John Daugherty

Phone: (318)-663-1745

Email: [john.daugherty@vpsb.us](mailto:john.daugherty@vpsb.us)

**Deadline:** Entry forms with school check mailed to me no later than December 20, 2024.

ALL WAIVER AND ENTRY FORMS CAN BE DOWNLOADED OFF LHSPLA WEBSITE. WAIVER FORMS DO NOT HAVE TO BE MAILED. TURN IN DAY OF MEET.

[hspla.net/index.php/home/forms/](http://hspla.net/index.php/home/forms/)

**Entry Fees:** \$25.00 per lifter, Make checks payable to Pickering High School Powerlifting.

**Eligibility:** Schools will be allowed to bring as many as they wish. Any lifter, who meets the eligibility requirements set forth by the LHSPLA in Article VIII of the constitution, are eligible to lift.

**UNIFORM:** The LHSPLA uniform rule, Section III, rule 1 a-d, will be waived for all lifters. Singlets are not required for competition.

**ADMISSION:** Adults: \$10.00 (Children under 5 free admission)

**AWARDS:** Medals for 1st—3rd place finishers in each weight class.  
Outstanding Lifter Trophies: light and heavy platform girls and boys.  
Boys and Girls Team Champion Awards. Any ties will be scaled for weight.

# ***2nd Annual Meet***

***3-Platform Meet:*** Cap at 150 lifters

## ***Schedule of Events:***

There are no weigh-ins for the meet on Friday or Saturday. It is the responsibility of each coach to weigh in their lifters and place the appropriate weight on the entry form. Any lifters who tie with the same body weight, will be weighed in to determine placing.

Each school will need to send their entries electronically with the weight and openers for each lift. You can change openers day of meet before 8:45 am.

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

### ***SATURDAY, JANUARY 11, 2025***

**CHECK-IN : 7:00 A.M. For Teams/ Spectators 8:00 A.M.**

**COACHES MEETING .....8:00 – 8:15 A.M.**

**OFFICIAL'S MEETING....8:00 – 8:15 A.M.**

**WARM-UP.... – 8:00 A.M.**

**OPENING CEREMONIES.....8:45 A.M.**

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

### ***Bus drop off and Parking information***

All lifters can be dropped off at the Field side Ticket Booth gate, and buses will need to be parked across the football field in the bus lot. No Buses should be parked in the regular parking lot by the school buildings. Extra spectator parking is available in front of campus by the Elementary Building.

### ***Concessions***

There will be concessions available.

### ***Rules on Ties for placing***

***If there is a tie with the amount of weight lifted, the lighter body weight will be 1st tie-breaker, if the body weight is listed as the same for each, there will be a weight scale available to re-weigh each athlete. The one with the lighter weight will be moved ahead.***

# ***2nd Annual Meet***

## **Last year's participating teams**

**Buckeye**

**Leesville**

**Jena**

**Anacoco**

**Evans**

**Rapides**

**Many**