



2025 Westbank Invitational



Date: January 4th, 2025

Meet Director: Ian Walters
Phone: 504-913-3448
Email: waltersi@bellsouth.net

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

Deadline: Spots must be confirmed by email no later than **December 9th**
Email 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

Admissions:	Adults	\$10
	Students with ID	\$5
	Under 10	Free

Awards: Medals for 1st - 3rd place in each weight class
Outstanding Lifter Awards: Light & Heavy platforms, boys and girls
1st and 2nd 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 by **Dec. 28th**.

Meet Schedule (Boys and Girls)

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