

2025 ST. AMANT GATOR INVITATIONAL

DATE: Saturday, January 25th, 2025

MEET DIRECTORS: James Roberts & Dennis Latino
Phone: (225) 391-6001
Cell: (225) 975-2923 (Best chance to reach me)
E-Mail: james.roberts@apsb.org

ST. AMANT HIGH SCHOOL
12035 LA Hwy 431
St. Amant, LA 70774

SITE: **ST. AMANT HIGH SCHOOL GOLD DOME - St. Amant, LA**

DEADLINE: Entry's Forms emailed to me no later than
MONDAY EVENING, JANUARY 20TH, 2025
E-MAIL: james.roberts@apsb.org
➤ **MEET WILL BE LIMITED TO 200 TOTAL LIFTERS!!!**
➤ **FIRST COME; FIRST SERVED!!!**
➤ **EMAIL ME ASAP TO SECURE YOUR TEAM'S SPOT!!!**
ALL WAIVER AND ENTRY FORMS CAN BE DOWNLOADED OFF LHSPLA WEBSITE.

ENTRY FEE: **\$25.00 FOR EACH LIFTER – SCHOOLS WILL BE LIMITED TO A MAXIMUM OF 11 BOY LIFTERS AND 11 FEMALE LIFTERS TO ALLOW MORE TEAMS TO PARTICIPATE.**

MAKE ALL CHECKS PAYABLE TO:
ST. AMANT HIGH SCHOOL

ELIGIBILITY: Schools will be allowed to bring a maximum of 11 Boy and/or 11 Girl lifters. Any lifters, who meet the eligibility requirements set forth by the LHSPLA in Article VIII of the constitution, are eligible to lift at the ST. AMANT GATOR INVITATIONAL. We will waive the LHSPLA uniform rule, Section III, rule 1 a-d, for all lifters for this meet.

LIFTING SUITS AND SINGLETS ARE NOT REQUIRED.

WAIVERS: All lifters participating in the STA Gator Invitational must produce a **COPY** of the signed LHSPLA waiver to be eligible to compete.

UNIFORM: The LHSPLA uniform rule, Section III, rule 1 a-d, will be waived for all lifters.

T- SHIRTS: Meet T-Shirts for sale on day of meet: \$20.00 (while supplies last)

ADMISSION: Adults: \$10.00 (Children under school age get in free) **NO OUTSIDE FOOD OR DRINK PERMITTED.**

MEET PROGRAMS: Programs with trackers sheets available at the door for \$2.00 each

AWARDS: **Medals** for 1st—3rd place finishers in each weight class.
Outstanding Lifter Trophies: light and heavy platform-girls and boys.
1st & 2nd Place Boys & Girls Team Trophies

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Schedule of Events

TO EXPEDITE THE CHECKING IN PROCESS AND INCORPORATE THE LHSPLA RULE WHICH REQUIRES WEIGH-INS FOR EVERY INVITATIONAL/TRI/DUAL MEET, WEIGH-INS WILL BE HELD ON FRIDAY NIGHT & SATURDAY MORNING. EACH TEAM WILL BE REQUIRED TO WEIGH THEIR KIDS IN AT ST. AMANT IN THE GOLD DOME. EACH COACH WILL BE RESPONSIBLE FOR EITHER EMAILING OR FAXING THEIR TEAMS WEIGHT CLASSES AND SQUAT OPENERS TO JAMES.ROBERTS@APSB.ORG BY MONDAY EVENING, JANUARY 20TH, SO THE BODYWEIGHT AND OPENER INFORMATION CAN BE PUT ON THE CARDS. TEAMS CAN ALSO EMAIL SCANNED COPIES OF LIFTER INSURANCE FORMS TO SPEED UP CHECK-IN. NO WEIGHT CLASS CHANGES AFTER THE TEAM SHEETS HAVE BEEN SUBMITTED!!! BODY WEIGHTS WILL BE CHECKED AT THE END OF THE MEET IN THE CASE OF A TIE IN BOTH TOTAL LIFTED AND .

MEET SCHEDULE (BOYS/GIRLS): FRIDAY, JANUARY 24TH, 2025

EARLY WEIGH-IN5:00 – 7:00 P.M.

(Please call/text 225-975-2923 by 3:00 pm to arrange.)

- TAKE ADVANTAGE OF OUR EARLY WEIGH-IN AND AVOID THE LINES IN THE MORNING.
- ALL YOU HAVE TO BRING:
 1. COPIES OF INSURANCE FORMS
 2. LIFTERS WEIGHING IN
 3. A SCHOOL CHECK TO COVER ENTRIES (AND MEET T-SHIRTS)
 4. (OPTIONAL) TEAM SIZES FOR MEET T-SHIRTS
- WHAT YOU GET:
 1. TEAM PACKETS WITH LIFTER/COACHES/TRACKER BANDS
 2. FIRST DIBS ON MEET T-SHIRTS @ \$15.00 EACH
 3. A CHANCE TO SLEEP IN A LITTLE LATER THE NEXT MORNING

SATURDAY, JANUARY 25TH, 2025

REGULAR WEIGH-IN6:30 – 8:00 A.M.

COACHES MEETING8:10 – 8:30 A.M.(Weight Rm)

OFFICIAL'S MEETING8:15 – 8:30 A.M.(Hospitality Rm)

1ST FLIGHT WARM-UP.....8:30 – 9:15 A.M. (Weight Rm)

1ST FLIGHTS REPORT TO PLATFORMS FOR RULES BRIEFING.....9:15 A.M.

OPENING CEREMONIES.....9:25 A.M.

LIFTING STARTS.....9:30 A.M.