

# 2024-2025 CATHOLIC HIGH SCHOOL POWERLIFTING MEET INFORMATION



DATE: FEBRUARY 8, 2025

MEET DIRECTOR: MATT SHELTON, CHS & SJA HEAD COACH  
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SITE: CATHOLIC HIGH SCHOOL (IN THE GYM)  
855 HEARTHSTONE DR.  
BATON ROUGE, LA 70806

DEADLINE: ENTRY FORMS EMAILED TO COACH SHELTON NO LATER THAN  
TUESDAY, FEBRUARY 4, 2025  
EMAIL: [MSHELTON@CATHOLICHIGH.ORG](mailto:MSHELTON@CATHOLICHIGH.ORG)

ALL WAIVER AND ENTRY FORMS CAN BE DOWNLOADED OFF THE  
LHSPLA WEBSITE (LHSPLA.NET). I HAVE ALSO ATTACHED THEM TO  
THIS EMAIL.

ENTRY FEE: \$20 FOR EACH LIFTER

MAKE ALL CHECKS PAYABLE TO: CATHOLIC HIGH SCHOOL

ELIGIBILITY: SCHOOLS MAY BRING 8 JV LIFTERS IN EACH GENDER. ANY LIFTER  
WHO MEETS THE ELIGIBILITY REQUIREMENTS SET FORTH BY THE  
LHSPLA IN ARTICLE VIII OF THE CONSITUTION ARE ELIGIBLE TO  
LIFT.

WAIVERS: **ALL LIFTERS PARTICIPATING IN A CATHOLIC HIGH SCHOOL  
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.

**THIS IS A RAW MEET – NO SQUAT SUITS OR BENCH SHIRTS**

**LIFTING SUITS AND SINGLETS ARE NOT REQUIRED**

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ADMISSION:           PRE-SALE DIGITAL TICKETS = \$8.00 (plus fees)  
                          CASH OR CREDIT AT GATE = \$10.00

AWARDS:             NONE

## SCHEDULE OF EVENTS

WEIGH INS WILL BE HELD AT 5:00 ON MEET DAY. OPPOSING COACHES WEIGH IN LIFTERS. EACH COACH WILL BE RESPONSIBLE FOR EMAILING THEIR TEAMS OPENERS TO [MSHELTON@CATHOLICHIGH.ORG](mailto:MSHELTON@CATHOLICHIGH.ORG) BY THE TUESDAY PRIOR TO THE MEET SO THE OPENER INFORMATION CAN BE PUT ON THE CARDS.

**NO OUTSIDE FOOD OR DRINK ALLOWED AT THE MEET; WE WILL HAVE CONCESSIONS AVAILABLE.**

MEET SCHEDULE (BOYS & GIRLS)

THIS IS A 2 PLATFORM MEET

**SATURDAY, FEBRUARY 8, 2025**

WEIGH-IN..... 7:00 A.M.  
COACHES MEETING..... 8:30 A.M.  
OFFICIAL'S MEETING..... 8:30 A.M.  
WARM-UP..... 8:30 A.M.  
REPORT TO PLATFORMS FOR RULES BRIEFING..... 8:55 A.M.  
LIFTING STARTS.....9:00 A.M.