

2025

Sacred Heart High School Invitational Powerlifting Meet

"Home of the Trojans"

- Date: Saturday January 11, 2025
- Meet Director: Duane Urbina, Head Coach Phone (337) 831-0894
Email: Dpurbina@gmail.com
- Site: Sacred Heart High School, 114 Trojan Lane, Ville Platte LA
Basketball Gym
- Entry Fee: \$25.00 a lifter Make all checks payable to Sacred Heart High School
Powerlifting.
- Eligibility: LHSAA/LHSPLA eligibility rules apply (Article VIII of the constitution)
- Equipment: Lifters are allowed to lift in Official LHSPLA Equipment or shorts and t-
shirts. Lifting singlets are not required.
- Deadline: All Entry Forms must be e-mailed to Meet Director no later than Tuesday
January 2, 2025.
- Waiver Forms: Attached to this Meet Package .
- Admission: \$10.00 adults and students, children under 5 free
- Canteen: Opens at 7:00 am
- Awards: Medals for 1st – 3rd in each weight class for boys and girls. Outstanding
lifter awards will be given for light and heavy platforms for boys and girls.
Team awards will be given for 1st – 3rd for both boys and girls.
- Platforms: 4 platforms
- Weight Classes: Girls – 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, SHW
Boys – 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, SHW

Official Weigh-In: This will be done Friday Night from 5:00 – 7:00 pm or Saturday from 6:30 – 8:00 am, 2024 with opening attempts.

Hospitality Room for coaches and officials will be provided.

First Attempts: Openers will be sent in with the lifting list on Tuesday January 2nd.

Schedule of Event: Check – In6:30 – 8:00 am
Coaches Meeting..... 8:00 – 8:30 am
Officials Meeting.....8:15 - 8:30 am
Warm – Up8:15 - 8:45 am
Lifters Report to platforms.....8:45 am
Opening Ceremonies.....8:55 am
Lifting Starts immediately after Opening Ceremonies

Hospitality Room for coaches and officials will be provided.



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Invitational Powerlifting Meet Waiver Form



Name: _____ Sex: M _____ F _____

School: _____ Grade: _____

Address: _____ City: _____

Phone: _____ Classification: _____

Coach: _____

In consideration of your accepting this entry to the Sacred Heart High School Powerlifting Meet I hereby for myself and my heirs, release all rights, claims for damages and injuries I might sustain at this meet against Sacred Heart High School, Sacred Heart of Jesus Catholic Church, the Diocese of Lafayette, all other staff members, the meet director, spotters, loaders, and officials. I make this release and waiver of claim with the full knowledge of the hazards and inherent rights associated with the above competition. I hereby assume the risk of injury and property damage loss that might occur at this time.

Lifter Signature: _____ Date: _____

Parent or Guardian Signature: _____ Date: _____

Coach's Signature: _____ Date: _____

This is an official document and must be turned in at Check-In.