



## 2025 LHSPLA East Regional Girls Championship Powerlifting Meet

**DATE:** **SATURDAY, FEBRUARY 22**

**MEET DIRECTOR:** Matt Shelton [mshelton@catholichigh.org](mailto:mshelton@catholichigh.org) or 225-445-6606

**LOCATION**

St. Joseph's Academy Gym  
3015 Broussard St.  
Baton Rouge, LA 70808

**ELIGIBILITY**

Each lifter must be eligible under current LHSAA rules.

**ENTRY DEADLINES:**

2024-2025 Dates	CALENDAR WEEK	ACTIVITY
Wednesday, February 12, 2025	32nd	Entries/Intent to Enter <b>GIRLS</b> Regional Meets - All Regions. LHSPLA/LHSAA Insurance Information/Meet Waivers and Entry Forms Due
Wednesday, February 19, 2025	33rd	Entries/Intent to Enter <b>BOYS</b> Regional Meets - All Regions. LHSPLA/LHSAA Insurance Information/Meet Waivers and Entry Forms Due
Saturday, February 22, 2025	33rd	<b>Girls LHSPLA Regional Meets</b> North – Ruston South – Covington East – St. Joseph's West – Lake Arthur Central - Pineville Bayou – Hahnville
Saturday, March 1, 2025	34th	<b>Boys LHSPLA Regional Meets</b> North – North Desoto South – Covington East – Catholic West – Sam Houston Central – Leesville Bayou – Dutchtown

**ENTRY FEES**

\$25 per lifter. All entry fees must be paid by school check. **Do not mail your entry fee checks to the PO Box—bring all entry fees to weigh-in. Please make your check payable to St. Joseph's Academy.**

**ENTRY FORMS**

Can be downloaded from the LHSPLA website at [www.lhspla.net](http://www.lhspla.net) on the Forms page.

## **SUBMITTING ENTRY FORMS**

**GIRLS:** All girls entry forms **MUST** be emailed by Wednesday, February 12, 2025. Follow directions and complete all fields on the entry form. Email your entry form to [mshelton@catholichigh.org](mailto:mshelton@catholichigh.org)

## **SUBMITTING LHSAA/LHSPLA HEALTH INSURANCE AND MEET WAIVER FORMS**

**GIRLS:** All ORIGINAL, COMPLETE, SIGNED IN INK insurance/meet waiver forms must be in the hands of your meet director on Wednesday, February 12, 2025. **Hand deliver attention to Matt Shelton at Catholic High School, NOT ST. JOSEPH'S. You can drop off in the main office.**

## **NUMBER OF ENTRIES**

Each girls team can have no more than eleven (11) lifters per team. Each boys team can have no more than eleven (11) lifters per team. A school cannot be represented by more than two (2) lifters per weight class. Each girls team can be represented by fewer than eleven (11) lifters. Each boys team can be represented by fewer than eleven (11) lifters. The lifters you register must be ranked in the top 20 in your school's division, including the 2 alternates you may enter.

## **WEIGHT CLASSES**

GIRLS	BOYS
97 lbs and below	114.5 and below
105.8	123.5
114.5	132.3
123.5	148.8
132.3	165.3
148.8	181.8
165.3	198.3
181.8	220.3
198.3	242.5
220.3	275.5
220.3+ (SHW)	275.5+ (SHW)

## **FORMAT**

The three lifts which make up the format of the meet are squat, bench press, and deadlift. Each contestant receives three attempts on each lift. The lifter must complete at least one successful lift in each of the three lifts to continue lifting in the meet. The best successful lift will be counted toward the lifter's total. A winner in each weight class will be determined by the total weight lifted in the three lifts. In the event of a tie within a weight class, body weight will determine the winner. Lifting will be conducted using the rounds system.

## **UNIFORMS**

All lifters must be dressed in a one piece lifting suit or singlet. Belts are not to exceed 4 inches in width. Lifters must wear shin length socks when deadlift. Please see the LHSPLA Rulebook for additional equipment specifications.

## **UNIFORM AND EQUIPMENT WAIVER**

Each school is required to submit a signed LHSPLA Uniform and Equipment Waiver. This form can be found on the LHSPLA website at [www.lhspla.net](http://www.lhspla.net) on the Forms page.

## **AWARDS**

Medals will be awarded to the 1st-3rd Place finishers in each weight class. An Outstanding Lifter trophy will be awarded to the best lifter in the light and heavy divisions for both girls and boys. Regional champion and regional runner-up awards will be given for both boys and girls teams.

## **TEAM SCORING**

Team scores are calculated using 7-5-3-2-1 points for 1st through 5th place scoring in each weight class. The sum of points determines team placing.

## **ADMISSION**

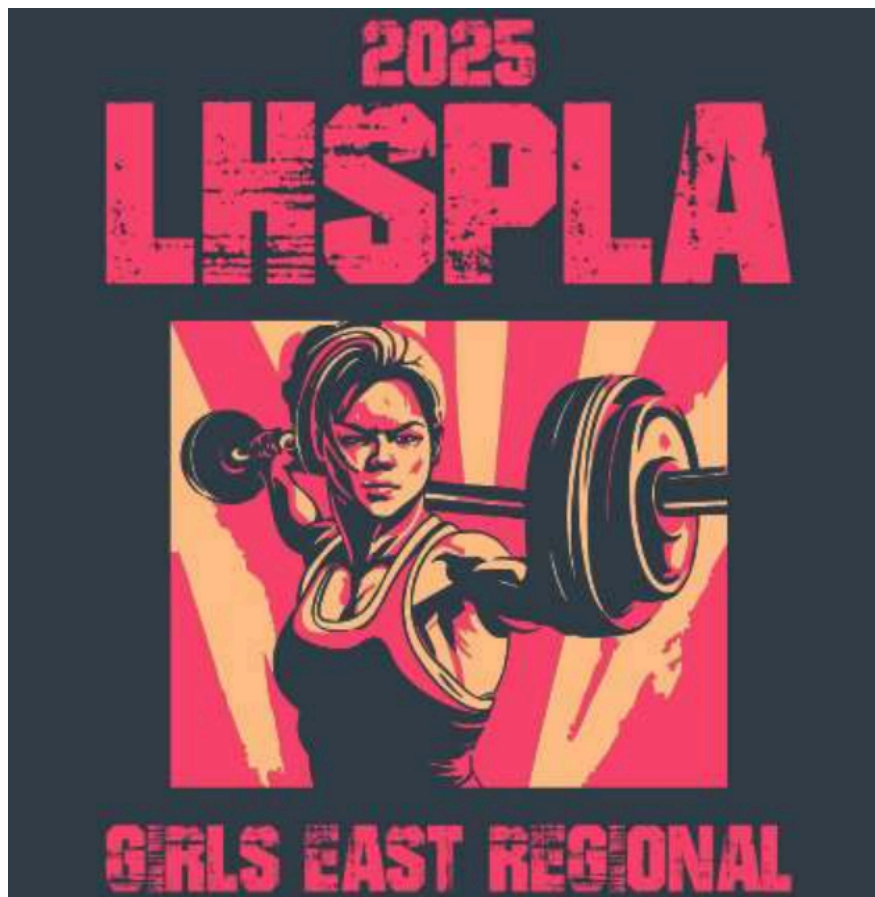
Admission price for all LHSPLA Regional Meets is \$12.00. Children twelve (12) and under will not be charged admission to the LHSPLA Regional Meets. LHSAA Coaching Cards will be honored at all LHSPLA sanctioned meets.

## **CONCESSIONS**

We will have concessions available all day for spectators and lifters. Come hungry!

## **T-SHIRTS**

T-shirts will be available for sale at the meet:



**MEET SCHEDULE**  
**LHSPLA GIRLS EAST REGIONAL POWERLIFTING MEET**  
**SATURDAY, FEBRUARY 22, 2025**

EARLY WEIGH-IN:	FRIDAY: 6:00 – 8:00 PM SJA GYM
REGULAR WEIGH-IN:	SATURDAY: 6:30 – 8:00 AM SJA GYM
COACHES MEETING:	SATURDAY: 8:00 AM SJA COACHES HOSPITALITY (UPSTAIRS IN GYM)
OFFICIAL'S MEETING:	SATURDAY: 8:00 AM SJA SPORTS MED SUITE (DOWNSTAIRS IN GYM)
WARM-UP 1st FLIGHT:	SATURDAY: 8:00 – 8:45 AM SJA AUXILIARY GYM
1st FLIGHT LIFTERS REPORT TO PLATFORMS:	SATURDAY: 8:45 AM SJA GYM
INVOCATION/ANTHEM:	SATURDAY: 8:55 AM SJA GYM
LIFTING STARTS:	SATURDAY: 9:00 AM SJA GYM
AWARDS CEREMONY:	SATURDAY: Approx 3:00 PM SJA GYM