



2025 LHSPLA North Regional Girls Championship Powerlifting Meet

DATE: **SATURDAY, FEBRUARY 22**

MEET DIRECTOR: Sarah Wages, Ruston High School, sarah.wages@lincolnschools.org

LOCATION: Ruston High School Main Gym, 900 Bearcat Drive, Ruston, LA

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 GIRLS Regional Meets - All Regions. LHSPLA/LHSAA Insurance Information/Meet Waivers and Entry Forms Due
Wednesday, February 19, 2025	33rd	Entries/Intent to Enter BOYS Regional Meets - All Regions. LHSPLA/LHSAA Insurance Information/Meet Waivers and Entry Forms Due
Saturday, February 22, 2025	33rd	Girls LHSPLA Regional Meets North – Ruston South – Covington East – St. Joseph’s West – Lake Arthur Central - Pineville Bayou – Hahnville
Saturday, March 1, 2025	34th	Boys LHSPLA Regional Meets 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 RUSTON HI**

ENTRY FORMS

Can be downloaded from the LHSPLA website at 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 sarah.wages@lincolnschools.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. You may hand deliver to the Ruston High School office between 7:30 am-3:20 pm or mail to Ruston High School, ATTN: Sarah Wages, 900 Bearcat Drive, Ruston, LA 71270.

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 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.

Only card payments are accepted for admission and include an added transaction fee. You can purchase ahead of time using the GoFan app or can pay at the gate with a debit or credit card.

CONCESSIONS

A full concession stand will be available. Both cash and card are accepted.

T-SHIRTS

Meet t-shirts will be available for \$20. Both cash and card are accepted.

MEET SCHEDULE
LHSPLA GIRLS NORTH REGIONAL POWERLIFTING MEET
SATURDAY, FEBRUARY 22, 2025

EARLY WEIGH-IN:	FRIDAY: 6:00 – 8:00 PM Girls' PE Locker Room
REGULAR WEIGH-IN:	SATURDAY: 6:30 – 8:00 AM Girls' PE Locker Room
COACHES MEETING:	SATURDAY: 8:00 AM Hospitality Room - Cafeteria
OFFICIAL'S MEETING:	SATURDAY: 8:00 AM Hospitality Room - Cafeteria
WARM-UP 1 st FLIGHT:	SATURDAY: 8:00 – 8:45 AM Weight Room
1 st FLIGHT LIFTERS REPORT TO PLATFORMS:	SATURDAY: 8:45 AM Ruston High School Main Gym
INVOCATION/ANTHEM:	SATURDAY: 8:55 AM Ruston High School Main Gym
LIFTING STARTS:	SATURDAY: 9:00 AM Ruston High School Main Gym
AWARDS CEREMONY:	SATURDAY: Approx 3:00 PM Ruston High School Main Gym