

- (i) LHSPLA Sanctioned Invitational/~~Tri Dual~~ Meet Setup Standards Compliance Checklist (APPENDAGE I)



LHSPLA

Louisiana High School Powerlifting Association

LHSPLA SANCTIONED INVITATIONAL/~~TRI DUAL~~ MEET SETUP COMPLIANCE CHECKLIST:

Checklist to be completed and approved by the Head Official-In-Charge before the start of any sanctioned LHSPLA Invitational or ~~Tri Dual~~ Meet. Failure to meet any of the criteria listed below could result in either: a) the start time of the meet being delayed until all deficient checklist items are brought to recommended specifications or b) cancelled entirely if the meet setup falls well below the standards recommended by the LHSPLA for meet setup specifications that are set forth in Article XII, Section 11 of the LHSPLA Constitution.

Meet Lifting Area Checklist:

- a. ____ Meet Floor Plan complies with recommended LHSPLA specifications
- b. ____ Platform: Size, Surface, and Marked Boundaries comply with recommended LHSPLA specifications
- c. ____ Bars, Plates, and Collars comply with recommended LHSPLA specifications
- d. ____ Squat Racks and Bench Presses that comply with recommended LHSPLA specifications
- e. ____ Officiating lights comply with recommended LHSPLA specifications
- f. ____ Loading charts, wire brushes, towels, alcohol wipes on platform
- g. ____ Clearly defined and marked area for trackers
- h. ____ Warm-Up Area complies with recommended LHSPLA specifications
- i. ____ Weigh-In Areas complies with recommended LHSPLA specifications
- j. ____ Weigh-In/Check-In – Starts/Ends on time
- k. ____ Spotter/Loaders briefing to outline their duties and to make sure they are aware of the proper way to spot lifters on each lift that will be contested at the meet

Required Meet Checklist (Clerical/Meet Site):

- l. ____ Uniformed Security Officer present on site one hour before the start of the meet and will remain on duty during the duration of the meet.
- m. ____ Certified Medical Staff/Trainer/Safety Personnel present on site, scheduled to remain on site for the duration of the meet.
- n. ____ At least 1 computer/laptop for each table, and if using scoring program at least one printer at designated RESULTS computer to print results – Extra computers/laptops, projectors, paper, print cartridges, available copying machine
- o. ____ Overhead sheets, Overhead projectors, LCD projectors and laptops at each table is using meet scoring program
- p. ____ extra overhead projectors and sheets, grease pencils, expeditor sheets
- q. ____ Wrapper and lifter tags
- r. ____ Hospitality Room for Coaches Business Meeting, Meeting Room Pre-Meet Officials' Meeting
- s. ____ Supervised Entry Points – Lifters/Coaches Only – Spectators Only – There is enough available seating for both the spectators in the audience and for the lifters and coaches in the team area.



LHSLPA

Louisiana High School Powerlifting Association

LHSPLA SANCTIONED INVITATIONAL/~~TRI DUAL~~ MEET SETUP COMPLIANCE CHECKLIST:

This Invitational Meet Site has been inspected and meets the Meet Setup, Clerical and Meet Site recommended standards set forth in Article XII, Section 11 of the LHSPLA Constitution.

Because of the nature of ~~Tri Dual~~ meets, exception will be made in the LHSPLA SANCTIONED INVITATIONAL/~~TRI DUAL~~ MEET SETUP STANDARDS COMPLIANCE CHECKLIST for items b, g, i, j, l, m, q, r, and s when ~~Tri Dual~~ meets are contested. Note that a pre-meet inspection must be conducted by a certified LHSPLA official, and a minimum of 3 officials must be present during the contesting of a ~~Tri Dual~~ meet.

LHSPLA Sanctioned Meet: _____

Date: _____

Meet Site: _____

of Platforms: _____ # of Participants/Lifters: _____

Sanctioned meets cannot exceed the approximate 50 lifter per platform average unless the Meet Director has requested and gotten specific written permission from the LHSPLA President. Requests to exceed the suggested 50 lifter per platform limit should be received by the President by at least the Wednesday before the meet is contested.

LHSPLA Representative: _____

(Head Official-In-Charge, LHSPLA Assignment Secretary)

Invitational Meet Director: _____

This Meet Site has been inspected and meets the recommended Meet Setup, Clerical and Meet Site standard set forth in Article XII, Section 11 of the LHSPLA Constitution:

Approved: _____

This Meet Site has been inspected and DID NOT meet several of the recommended Met Setup and Meet Site Standards that deal with the safety of lifters competing in a meet set forth in Article XII, Section 11 of the LHSPLA Constitution:

Not Approved: _____

This Meet Site has been inspected and met the necessary safety measures recommended in Article XII, Section 11 of the LHSPLA Constitution to contest the meet. However, the host school will be fined \$25.00 each for the infractions listed below. The payment of these fines for the infractions listed below must be taken care of before the host school's participation in their respective Regional Meet.

Infraction:

- | | | | |
|----------|----------|----------|----------|
| a) _____ | f) _____ | k) _____ | p) _____ |
| b) _____ | g) _____ | l) _____ | q) _____ |
| c) _____ | h) _____ | m) _____ | r) _____ |
| d) _____ | i) _____ | n) _____ | s) _____ |
| e) _____ | j) _____ | o) _____ | |