

# 2010

## CENTRAL REGIONAL POWERLIFTING CHAMPIONSHIP

DATE: FEBRUARY 5<sup>TH</sup>/6<sup>TH</sup>, 2010

MEET DIRECTOR: EDDIE BERGERON      LOCATION: CHURCH POINT HIGH SCHOOL

ELIGIBILITY: 1) EACH LIFTER MUST BE ELIGIBLE UNDER CURRENT LHSPLA RULES.  
2) EACH TEAM MUST BE ACCOMPANIED AND SUPERVISED BY A FACULTY REPRESENTATIVE FROM THEIR RESPECTIVE SCHOOLS.

ENTRY FEES: \$20 PER LIFTER. ENTRY FEES MAY ACCOMPANY THE ENTRY FORM OR CAN BE PAID AT THE TIME OF THE WEIGH-IN. **PLEASE MAKE ALL CHECKS FOR ENTRY FEES PAYABLE TO THE LOUISIANA HIGH SCHOOL POWERLIFTING ASSOCIATION (LHSPLA).**

**ALL LHSPLA ELIGIBILITY, REGISTRATION AND ENTRY FORMS CAN BE DOWNLOADED FROM THE LHSPLA WEBSITE AT [WWW.LHSPLA.ORG](http://WWW.LHSPLA.ORG).**

LHSPLA DUES: EACH SCHOOL PARTICIPATING MUST BE ACTIVE MEMBERS IN THE LHSPLA. EACH SCHOOL'S LHSPLA REGISTRATION FORM AND ANNUAL DUES MUST BE SUBMITTED AND PAID BEFORE YOUR LIFTERS CAN PARTICIPATE IN THE REGIONAL MEET. LHSPLA DUES ARE \$100 PER SCHOOL, PLUS AN ADDITIONAL \$15 PER COACH FOR ALL NON-FACULTY ASSISTANT COACHES LISTED ON A SCHOOL'S REGISTRATION FORM. **PLEASE MAKE ALL CHECKS FOR LHSPLA DUES PAYABLE TO THE LHSPLA.**

RETURN OF ENTRIES FORMS: ALL ENTRY FORMS **MUST** BE RETURNED BY FRIDAY, **JANUARY 29<sup>TH</sup>, 2010.** E-MAIL YOUR FORMS TO

[ebergeron@acadia.k12.la.us](mailto:ebergeron@acadia.k12.la.us)

**ALL ELIGIBILITY FORMS AND PROOF OF INSURANCE FORMS MUST BE POSTMARKED 10 DAYS PRIOR (JANUARY 26<sup>TH</sup>, 2010) AND RECEIVED NO LATER THAN ONE CALENDAR WEEK (JANUARY 29<sup>TH</sup>, 2010) BEFORE THE REGIONAL MEET.**

NUMBER OF ENTRIES: EACH BOYS TEAM CAN HAVE NO MORE THAN ELEVEN (11) LIFTERS PER TEAM. EACH GIRLS 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 BOYS TEAM CAN BE REPRESENTED BY LESS THAN ELEVEN (11) LIFTERS, AND EACH GIRLS CAN BE REPRESENTED BY LESS THAN ELEVEN (11) LIFTERS.

WAIVER: EACH LIFTER IS REQUIRED TO PRODUCE A SIGNED WAIVER BEFORE THEY WILL BE ALLOWED TO COMPETE IN THE CENTRAL REGIONAL CHAMPIONSHIP MEET. FAXED OR PHOTOCOPIES OF WAIVERS WILL NOT BE ACCEPTED.

WEIGHT CLASSES:

BOYS: 114 1/2 AND BELOW, 123 1/2, 132 1/4, 148 3/4, 165 1/4, 181 3/4, 198 1/4, 220 1/4, 242 1/2, 275 1/2, AND 275 1/2 AND ABOVE (SHW).

GIRLS: 97 AND UNDER, 105 3/4, 114 1/2, 123 1/2, 132 1/4, 148 3/4, 165 1/4, 181 3/4, 198 1/4, 220 1/4, AND 220 1/4 AND ABOVE (SHW).

FORMAT: THE THREE LIFTS WHICH MAKE UP THE FORMAT OF THE MEET ARE THE SQUAT, BENCH PRESS, AND THE DEADLIFT. THREE LIFTS OR ATTEMPTS PER CONTESTANT 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 LIFTERS 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 BODYWEIGHT WILL DETERMINE THE WINNER. LIFTING WILL BE CONDUCTED USING THE ROUNDS SYSTEM.

UNIFORMS: **ALL TEAM MUST BE DRESSED IN A ONE PIECE LIFTING SUIT OR SINGLET. BELTS ARE NOT TO EXCEED 4 INCHES IN WIDTH.**

**EACH SCHOOL IS REQUIRED TO TURN IN A SIGNED LHSPLA UNIFORM AND EQUIPMENT WAIVER FORM STATING THAT THEY HAVE READ AND UNDERSTAND THE INFORMATION CONTAINED IN SECTION III OF THE TECHNICAL RULES OF THE LOUISIANA HIGH SCHOOL POWERLIFTING ASSOCIATION.**

AWARDS: MEDALS WILL BE AWARDED TO THE 1<sup>ST</sup> – 3<sup>RD</sup> PLACE FINISHERS IN EACH WEIGHT CLASS, CERTIFICATES WILL BE AWARDED TO ALL 4<sup>TH</sup> AND 5<sup>TH</sup> PLACE FINISHERS IN EACH WEIGHT CLASS. AN OUTSTANDING LIFTER TROPHY WILL BE AWARDED TO THE BEST LIFTERS IN THE LIGHT AND HEAVY DIVISIONS FOR BOTH THE GIRLS AND BOYS DIVISIONS. 1ST, 2ND, AND 3RD PLACE TEAM TROPHIES WILL ALSO BE AWARDED.

TEAM SCORING: 7-5-3-2-1 ARE THE POINTS TO BE AWARDED FOR 1ST THROUGH 5TH PLACE.

T-SHIRTS: CENTRAL REGIONAL T-SHIRTS WILL BE SOLD FOR \$10 FOR SIZES M-L-XL, \$12 FOR SIZES XXL – XXXL.

ADMISSION: \$5 PER PERSON FOR BOTH THE BOYS AND GIRLS MEETS

A CONCESSION STAND WILL BE IN OPERATION DURING THE DURATION OF BOTH MEETS.

IF YOU HAVE ANY QUESTIONS CONCERNING THE CENTRAL REGIONAL POWERLIFTING CHAMPIONSHIP MEET PLEASE FEEL FREE TO CALL EDDIE BERGERON AT 337-581-2964 FOR INFORMATION.

**PLEASE RETURN ALL ENTRY FORMS BY FRIDAY JANUARY 29, 2010**

**E-MAIL THEM TO: [ebergeron@acadia.k12.la.us](mailto:ebergeron@acadia.k12.la.us)**

**IF MAILING YOUR ENTRIES:**

EDDIE BERGERON  
C/O CHURCH POINT HIGH SCHOOL  
305 EAST LOUGARRE ST  
CHURCH POINT LA. 70525

**2010 LHSPLA CENTRAL REGIONAL (GIRLS/BOYS) –  
FEBRUARY 5<sup>TH</sup>/6<sup>TH</sup>, 2010**

**GIRLS MEET, FEBRUARY 5<sup>TH</sup>, 2010**

EARLY WEIGH-IN (GIRLS): THURSDAY, FEBRUARY 4<sup>TH</sup>, 2010 – 6:00 – 8:00 P.M.

GIRLS CENTRAL REGIONAL MEET - CHURCH POINT P.E. LOCKER ROOM

REGULAR WEIGH-IN (GIRLS): FEBRUARY 5<sup>TH</sup>, 2010 – 3:30 – 5:00 P.M.

GIRLS CENTRAL REGIONAL - CHURCH POINT P.E. LOCKER ROOM

CHECK-IN (GIRLS): FRIDAY, FEBRUARY 5<sup>TH</sup>, 2010 – 3:30 – 5:00 P.M.

LHSPLA CENTRAL REGION – CHURCH POINT HIGH GYM

COACHES MEETING (GIRLS): FRIDAY, FEBRUARY 5<sup>TH</sup>, 2010 – 5:00 – 5:15 P.M. –  
LHSPLA CENTRAL REGION (GIRLS) HOSPITALITY ROOM

WARM-UP (GIRLS MEET): FRIDAY, FEBRUARY 5<sup>TH</sup>, 2010 – 5:15 – 5:30 P.M.

LIFTING STARTS (GIRLS MEET): FRIDAY, FEBRUARY 5<sup>TH</sup>, 2010 – 5:30 P.M.

**BOYS MEET, FEBRUARY 6<sup>TH</sup>, 2009**

EARLY WEIGH-IN (BOYS): FRIDAY, FEBRUARY 5<sup>TH</sup>, 2010 – 3:30 – 5:30 P.M.  
BOYS CENTRAL REGIONAL

REGULAR WEIGH-IN (BOYS): SATURDAY, FEBRUARY 6<sup>TH</sup>, 2010 – 7:00 – 8:30 A.M.  
BOYS CENTRAL REGIONAL

CHECK -IN (BOYS): SATURDAY, FEBRUARY 6<sup>TH</sup>, 2010 – 7:00 – 8:30 A.M. LHSPLA  
CENTRAL REGION – BOYS CHURCH POINT HIGH GYM

COACHES MEETING (BOYS): SATURDAY, FEBRUARY 6<sup>TH</sup>, 2010 – 8:30 – 8:45 A.M.  
LHSPLA CENTRAL REGION (BOYS) - HOSPITALITY ROOM

WARM-UP (BOYS MEET): SATURDAY, FEBRUARY 6<sup>TH</sup>, 2010 – 8:45 – 9:00 A.M.

LIFTING STARTS (BOYS MEET): SATURDAY, FEBRUARY 6<sup>TH</sup>, 2010 – 9:00 A.M.