

# 2010

## NORTH REGIONAL POWERLIFTING CHAMPIONSHIP

DATE: FEBRUARY 13, 2010

MEET DIRECTOR: JOSH CHOVANEC & JOE SPATAFORA      LOCATION: LA TECH UNIV

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 SCHOOLS 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 SCHOOLS 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, **FEBRUARY 5<sup>TH</sup>, 2010.** E-MAIL YOUR FORMS TO

[joshuac@ltfa.latech.edu](mailto:joshuac@ltfa.latech.edu)

**ALL ELIGIBILITY FORMS AND PROOF OF INSURANCE FORMS MUST BE POSTMARKED 10 DAYS PRIOR (FEBRUARY 3<sup>RD</sup>, 2010) AND RECEIVED NO LATER THAN ONE CALENDAR WEEK (FEBRUARY 5<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.

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

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

IF YOU HAVE ANY QUESTIONS CONCERNING THE NORTH REGIONAL POWERLIFTING CHAMPIONSHIP MEET PLEASE FEEL FREE TO CALL JOSH CHOVANEC AT 318-237-3208 FOR INFORMATION.

**PLEASE RETURN ALL ENTRY FORMS BY FRIDAY FEBRUARY 5, 2010**

**E-MAIL THEM TO: [joshuac@ltfa.latech.edu](mailto:joshuac@ltfa.latech.edu)**

**IF MAILING YOUR ENTRIES:**

JOSH CHOVANEC  
PO BOX 3176  
RUSTON, LA 71272

**2010 LHSPLA NORTH REGIONAL (GIRLS/BOYS) –  
FEBRUARY 13<sup>th</sup>, 2010 – Memorial Gym @ La Tech**

EARLY WEIGH-IN: FRIDAY, FEBRUARY 12<sup>TH</sup>, 2010 – 6:00 – 8:00 P.M.

REGULAR WEIGH-IN: SATURDAY, FEBRUARY 13<sup>TH</sup>, 2010 – 7:00 – 8:30 A.M.

CHECK-IN: SATURDAY, FEBRUARY 13<sup>TH</sup>, 2010 – 7:00 – 8:30 P.M

COACHES MEETING: SATURDAY, FEBRUARY 13<sup>TH</sup>, 2010 – 8:30-8:45. – HOSPITALITY ROOM

WARM-UP: SATURDAY, FEBRUARY 13<sup>TH</sup>, 2010 – 8:30 – 8:45 P.M.

LIFTING STARTS: SATURDAY, FEBRUARY 13<sup>TH</sup>, 2010 – 9:00 A.M.