

2010

SOUTH REGIONAL POWERLIFTING CHAMPIONSHIP

DATE: JANUARY 30, 2010

MEET DIRECTOR: DANIEL HANLON

LOCATION: POPE JOHN PAUL II HIGH SCHOOL GYM

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. THIS FEE 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.

LHSPLA DUES: EACH SCHOOL PARTICIPATING MUST BE ACTIVE MEMBERS IN THE LHSPLA. YOUR SCHOOLS LHSPLA REGISTRATION FORM AND ANNUAL DUES MUST BE 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, JANUARY 22ND, 2010. E-MAIL YOUR FORMS TO DHANLON@PJP.ORG IF MAILED THEY MUST BE POSTMARKED BY WEDNESDAY, JANUARY 20TH, 2010.

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 SOUTH 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 1ST – 3RD PLACE FINISHERS IN EACH WEIGHT CLASS, CERTIFICATES WILL BE AWARDED TO ALL 4TH AND 5TH 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: SOUTH REGIONAL T-SHIRTS WILL BE SOLD FOR \$15 FOR SIZES M-L-XL-XXL-XXXL,

ADMISSION: \$5 PER PERSON FOR THE SOUTH REGIONAL MEET.

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

IF YOU HAVE ANY QUESTIONS CONCERNING THE SOUTH REGIONAL POWERLIFTING CHAMPIONSHIP MEET PLEASE FEEL FREE TO CALL DANIEL HANLON AT (985)649-0914 OR CELL #(985) 960-3485 FOR INFORMATION.

PLEASE RETURN ALL ENTRY FORMS BY FRIDAY, JANUARY 22ND, 2010
E-MAIL THEM TO dhanlon@pjp.org .

IF MAILING YOUR ENTRIES:
DANIEL HANLON
POPE JOHN PAUL II HIGH SCHOOL.
1901 JAGUAR DRIVE.
SLIDELL, LA. 70461

Meet Schedule:

Friday, JANUARY 29, 2010

Girls Weigh-In
Boys Weigh In

6:00-7:30PM
6:00-7:30PM

Saturday, JANUARY 30, 2010

Boys weigh-In
Girls weigh-In
Coaches Meeting
Lifting Starts

6:30-8:00AM
6:30-8:00AM
8:30AM
9:00AM