

LHSPLA NORTH REGIONAL POWERLIFTING CHAMPIONSHIPS – March 1st, 2nd, 3rd, 2012

GIRLS MEET FRIDAY MARCH 2ND 2012

<u>EARLY WEIGH-IN:</u> WEST MONROE HIGH SCHOOL (OLD GYM)	THURSDAY MARCH 1 ST , 2012 – 5:00 – 7:00 PM
<u>WEIGH-IN:</u> WEST MONROE HIGH SCHOOL (NEW GYM)	FRIDAY MARCH 2 ND , 2012 – 2:30 – 4:00 PM
<u>COACHES MEETING:</u> HOSPITALITY ROOM (ROTC BUILDING)	FRIDAY MARCH 2 ND , 2012 – 4:00 PM
<u>OFFICIAL'S MEETING:</u> CLASSROOM 2 (ROTC BUILDING)	FRIDAY MARCH 2 ND , 2012 – 4:00 PM
<u>WARM-UP 1ST FLIGHT:</u>	FRIDAY MARCH 2 ND , 2012 – 4:15 – 4:45 PM
<u>1ST FLIGHT LIFTERS REPORT TO PLATFORMS:</u>	FRIDAY MARCH 2 ND , 2012 – 4:45 PM
<u>LIFTING BEGINS:</u>	FRIDAY MARCH 2 ND , 2012 – 6:00 PM

BOYS MEET SATURDAY MARCH 3RD 2012

<u>EARLY WEIGH-IN:</u> WEST MONROE HIGH SCHOOL (OLD GYM)	FRIDAY MARCH 2 ND , 2012 – 5:00 – 7:00 PM
<u>WEIGH-IN:</u> WEST MONROE HIGH SCHOOL (NEW GYM)	SATURDAY MARCH 3 RD , 2012 – 6:30 – 8:00 AM
<u>COACHES MEETING:</u> HOSPITALITY ROOM (ROTC BUILDING)	SATURDAY MARCH 3 RD , 2012 – 8:00 AM
<u>OFFICIAL'S MEETING:</u> CLASSROOM 2 (ROTC BUILDING)	SATURDAY MARCH 3 RD , 2012 – 8:00 AM
<u>WARM-UP 1ST FLIGHT:</u>	SATURDAY MARCH 3 RD , 2012 – 8:15 – 8:45 AM
<u>1ST FLIGHT LIFTERS REPORT TO PLATFORMS:</u>	SATURDAY MARCH 3 RD , 2012 – 8:45 AM
<u>LIFTING BEGINS:</u>	FRIDAY MARCH 2 ND , 2012 – 9:00 AM

*ANY QUESTIONS PLEASE CALL OR EMAIL COACH JEREMY MANY

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