

2012 LHSPLA EAST REGIONAL POWERLIFTING MEET

DATE: MARCH 3RD, 2012

MEET DIRECTOR: STEVE BARONICH

LOCATION: EPISCOPAL HIGH SCHOOL

ELIGIBILITY: EACH LIFTER MUST BE ELIGIBLE UNDER CURRENT LHSAA ELIGIBILITY RULES.

ENTRY FEES: \$20 PER LIFTER. ALL ENTRIES MUST BE PAID BY SCHOOL CHECK. 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).**

REGISTRATION AND ENTRY FORMS CAN BE DOWNLOADED FROM THE LHSPLA WEBSITE AT WWW.LHSPLA.ORG.

<u>2011-2012 DATES</u>	<u>CALENDAR WEEK</u>	<u>ACTIVITY</u>
<u>Monday, November 28, 2011</u>	<u>22nd</u>	<u>1st Practice (Medical, parents' permission, and substance misuse forms must be on file.</u>
<u>Monday, January 2, 2012</u>	<u>27th</u>	<u>1st Regular Season Meet (Eligibility must be filed online.)</u>
<u>Wednesday, February 1, 2012</u>	<u>31st</u>	<u>LHSPLA Registration Form Due</u>
<u>Wednesday, February 15, 2012</u>	<u>33rd</u>	<u>LHSPLA Health Insurance/Meet Waiver Form/ LHSPLA Entry Form (Boys/Girls) Due – State JV Meet</u>
<u>Wednesday, February 22, 2012</u>	<u>34th</u>	<u>LHSPLA Health Insurance/Meet Waiver Form/ LHSPLA Entry Form (Boys/Girls) Due – Regional Meets</u>
<u>Friday/Saturday, March 2nd/3rd, 2012</u>	<u>35th</u>	<u>LHSPLA North/South/East and West Regional Meets</u>
<u>Wednesday, March 14, 2012</u>	<u>37th</u>	<u>Confirmation of Entries/State Meet Entry Fees Due – Division II State Meet</u>
<u>Saturday, March 24, 2012</u>	<u>38th</u>	<u>LHSPLA State Meet (Division II)</u>
<u>Wednesday, March 21, 2012</u>	<u>38th</u>	<u>Confirmation of Entries/State Meet Entry Fees Due – Division I State Meet</u>
<u>Friday, March 30, 2012</u> <u>Saturday, March 31, 2012</u>	<u>39th</u>	<u>LHSPLA State Meet (Division I)</u>

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 (CECP CERTIFIED) ASSISTANT COACHES LISTED ON THIS FORM. **REMEMBER EACH MEMBER SCHOOL CAN HAVE 1 HEAD COACH AND A MAXIMUM OF 4 ASSISTANTS. REMEMBER EACH MEMBER SCHOOL CAN HAVE 1 HEAD COACH AND A MAXIMUM OF 4 ASSISTANTS.**

Section 3: Administration/Sportsmanship/Coaching/Supervision – LHSAA By-Laws - 3.4.6 A school shall be limited to four non-faculty coaches per sport and not more than 16 non-faculty coaches total per school year.

SECTION 26 LHSAA BY-LAWS - POWERLIFTING PILOT PROGRAM

17.4.4 A team may be coached by a faculty or a certified non-faculty coach.. The school supervision rule shall apply when a team participates in an interscholastic meet. If a school enters no more than two contestants in a meet, the student(s) may be accompanied by a faculty coach/representative, or an LHSAA certified non-faculty coach from any other school/school system entered in the meet if both schools' principals give written permission. The written permission shall be presented to the meet director prior to the start of the meet.

REGISTRATION FORMS ***MUST*** BE MAILED TO AND RECEIVED BY THE ASSOCIATION BY ***FEBRUARY 1ST, 2012***, AT LEAST ONE CALENDAR MONTH PRIOR TO THE REGIONAL MEETS. MAIL COMPLETED REGISTRATION FORM TO THE ADDRESS LISTED ON THE BOTTOM OF THE FORM.

PLEASE MAKE ALL CHECKS FOR LHSPLA DUES PAYABLE TO THE LHSPLA.

RETURN OF ENTRIES FORMS/HEALTH INSURANCE INFORMATION AND MEET WAIVER FORMS:

ALL ENTRY FORMS ***MUST*** BE RETURNED BY ***WEDNESDAY, FEBRUARY 22ND, 2012***. E-MAIL YOUR FORMS TO baronichs@ehsbr.org. IF MAILED THEY MUST BE POSTMARKED BY WEDNESDAY, FEBRUARY 22ND, 2012

ALL PROPERLY FILLED OUT LHSPLA HEALTH INSURANCE INFORMATION FORM/MEET WAIVER FORMS ***MUST*** BE RETURNED BY ***WEDNESDAY, FEBRUARY 22ND, 2012***.

LHSPLA INSURANCE INFORMATION/MEET WAIVER FORMS
- **HAVE TO BE SIGNED BY PARENT/GUARDIAN AND COACH** -
** ONLY HAVE TO BE TURNED IN ONCE FOR THE SEASON **

FAXED OR PHOTOCOPIES OF WAIVERS WILL NOT BE ACCEPTED

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.

EACH LIFTER IS REQUIRED TO PRODUCE A PROPERLY FILLED OUT AND SIGNED LHSPLA HEALTH INSURANCE INFORMATION/MEET WAIVER FORM BEFORE THEY WILL BE ALLOWED TO COMPETE IN THE EAST REGIONAL CHAMPIONSHIP MEET.

FAXED OR PHOTOCOPIES OF LHSPLA INSURANCE INFORMATION/ MEET WAIVER FORMS WILL NOT BE ACCETPED.

WEIGHT CLASSES: BOYS: 114.5 AND BELOW, 123.5, 132.3, 148.8, 165.3, 181.8,
198.3, 220.3, 242.5, 275.5, AND 275.5 AND ABOVE(SHW).

GIRLS: 97 AND UNDER, 105.8, 114.5, 123.5, 132.3, 148.8, 165.3, 181.8,
198.3, 220.3, AND 220.3 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: EAST REGIONAL T-SHIRTS WILL BE SOLD - SIZES S-M-L-XL-XXL-XXXL

ADMISSION: \$7 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 EAST REGIONAL POWERLIFTING CHAMPIONSHIP MEET PLEASE FEEL FREE TO CALL STEVE BARONICH AT (225) 753-3180, EXT. 1465 FOR INFORMATION.

PLEASE RETURN ALL ENTRY FORMS BY WEDNESDAY, FEBRUARY 22ND
E-MAIL THEM TO BARONICHS@EHSBR.ORG

IF MAILING YOUR ENTRIES:
STEVE BARONICH
EPISCOPAL OF BATON ROUGE
3200 WOODLAND RIDGE BLVD.
BATON ROUGE, LA 70816

LHSPLA EAST REGIONAL POWERLIFTING MEET – MARCH 2ND/3RD, 2012

EARLY WEIGH-IN (EAST REGIONAL): **FRIDAY, MARCH 2ND, 2012 – 6:00 – 8:00 P.M.**
BOYS – VARSITY LOCKER ROOM
GIRLS – P.E. LOCKER ROOM

WEIGH-IN – EAST REGIONAL SATURDAY, MARCH 3RD, 2012 – 6:30 – 8:00 A.M.
BOYS – VARSITY LOCKER ROOM – MAIN GYM
GIRLS – P.E. LOCKER ROOM – MAIN GYM

COACHES MEETING: SATURDAY, MARCH 3RD, 2012 – 8:00 A.M.
HOSPITALITY ROOM – LS MUSIC ROOM

OFFICIAL'S MEETING: SATURDAY, MARCH 3RD, 2012 – 8:00 A.M.
ROOM G-3 – MAIN GYM – P.E. CLASSROOM

WARM-UP – 1ST FLIGHT: SATURDAY, MARCH 3RD, 2012 – 8:15 – 8:45 A.M.

1ST FLIGHT LIFTERS REPORT TO PLATFORMS: SATURDAY, MARCH 3RD, 2012 – 8:45 A.M.
FOR RULES BRIEFING:

LIFTING STARTS: SATURDAY, MARCH 3RD, 2012 – 9:00 A.M.