

JV STATE MEET

DATE: FEBRUARY 25TH, 2012

MEET DIRECTOR: MATTHEW CARMOUCHE

PHONE: (318) 305-3874

E-MAIL: matthew.carmouche@rpsb.us

SCHOOL ADDRESS: PEABODY MAGNET HIGH SCHOOL

2727 JONES AVENUE

ALEXANDRIA, LA 71302

SITE: PEABODY MAGNET HIGH SCHOOL NEW GYM

DEADLINE: ENTRY FORMS WITH **BODY WEIGHT** MAY BE E-MAILED, MAILED OR FAXED NO LATER THAN **WEDNESDAY FEBRUARY 15TH, 2012**

PROPERLY COMPLETED **LHSPLA HEALTH INSURANCE/MEET WAIVER FORMS** **MUST BE MAILED AND POSTMARKED BY FEBRUARY 15TH, 2012.**

THERE WILL BE NO WEIGH -INS

ENTRY FORMS AND LHSPLA HEALTH INSURANCE/ MEET WAIVER FORMS CAN BE COPIED OFF THE LHSPLA WEBSITE, WWW.LHSPLA.ORG

ENTRY FEE: \$15.00 FOR EACH LIFTER- NO LIMIT ON THE NUMBER OF LIFTERS A SCHOOL MAY HAVE

PAYMENT: MAKE ALL CHECKS PAYABLE TO: **LHSPLA (NO PERSONAL CHECKS PLEASE)**

MAIL TO: C/O MATTHEW CARMOUCHE

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PEABODY MAGNET HIGH SCHOOL

2727 JONES AVENUE ALEXANDRIA LA 71302

ELIGIBILITY: SCHOOL WILL BE ALLOWED TO BRING AS MANY LIFTERS AS THEY WISH. ANY LIFTERS, WHO MEET THE **ELGIBILITY REQUIREMENTS SET FORTH BY THE LHSPLA IN ARTICLE VII OF THE CONSTITUTION**, ARE ELIGILBE TO LIFT AT THE JV STATE. WE WILL **WAIVE THE LHSPLA UNIFORM RULE**, SECTION III, RULE 1 a-d, FOR LIFTERS FOR THIS MEET.

LIFTING SUITS AND SINGLETS ARE NOT REQUIRED

LHSPLA HEALTH INSURANCE/MEET WAIVER FORMS:

ALL PARTICIPANTS MUST PRESENT A PROPERLY COMPLETED **LHSPLA HEALTH INSURANCE /MEET WAIVER FORM** WITH REQUISITE HEALTH INSURANCE INFORMATION, INCLUDING INSURANCE POLICY NUMBERS OR IN SOME CASES, MEDICAID NUMBERS, AND VALIDATING SIGNATURES AND DATES COMPLETED IN INK BY FEBRUARY 15TH, 2012.

TEAM MEMBERS:

EACH SCHOOL MUST BE ACCOMPANIED AND SUPERVISED BY A FACULTY REPRESENTATIVE FROM THEIR SCHOOL.

THERE IS NO LIMIT ON THE NUMBER OF LIFTERS A SCHOOL MAY ENTER.

UNIFORM: THE LHSPLA UNIFORM RULE, SECTION III, RULE 1 A-D, WILL BE WAIVED FOR ALL LIFTERS.

ADMISSION: ADULTS \$7.00 (CHILDREN 12 AND YOUNGER FREE)

AWARDS: LHSPLA AWARDS—INDIVIDUAL 1ST – 5TH PLACE CERTIFICATES, OUTSTANDING LIFTER TROPHIES FOR BOTH LIGHT AND HEAVY PLATFORMS, BOYS AND GIRLS.

SCHEDULE OF EVENTS

TO EXPEDITE THE CHECKING IN PROCESS, THERE WILL BE **NO WEIGH-IN HELD ON SATURDAY MORNING**. EACH TEAM WILL BE ALLOWED TO WEIGH THEIR KIDS IN AT THEIR SCHOOLS. EACH COACH WILL BE RESPONSIBLE FOR EITHER E-MAILING THEIR TEAM’S BODY WEIGHTS AND OPENERS BY WEDNESDAY FEBRUARY 15TH, 2012.

MEET SCHEDULE

CHECK IN -----7:00 TO 8:00 A.M.

COACHES/JUDGES MEETING -----8:00 TO 8:30 A.M.

LIFTER WARM-UP ----- 8:30-8:45 AM

LIFTER REPORT ON PLATFORMS FOR RULES ----- 8:45 TO 9:00 A.M.

LIFTING STARTS -----APPROXIMATELY 9:00 A.M.