



**2023 State Powerlifting Competition**  
**April 29<sup>th</sup>, 2023 9am-3pm**  
**Spoga Fitness Center. 811 C M Fagan Dr. Hammond, LA. 70403**

### **Deadlines & Due Dates**

- All Entries: **3/31/23 by 4:00 PM**
- Athlete Packets (*includes the athlete medical form*): **3/31/23 by 4:00 PM**
- All Coach and Unified Partner Certification Requirements: **3/31/23 by 4:00 PM**
- All Participants and Coaches must complete the COVID-19 [Code of Conduct](#) and new Communicable Disease Waiver
- Participants must Pre-Register for the event using the spreadsheet that will accompany this packet. This spreadsheet will be sent to the area directors and local training programs. They will submit entries to the state office. Please contact Max Fernandez ASAP to discuss if you have any groups interested in attending and how many athletes and/or unified partners will be in the groups as there.

### **Quota Process**

- Local Programs will be given quota based on training roster size
- Please request what you would like based on your training roster size. If alterations need to be made, we will email you after the quota request closes.

### **Powerlifting Competition**

- Athletes can compete in Squat, Bench Press, and or Deadlift
- Athletes can also choose the Combination (Bench Press & Deadlift) or Combination (Squat, Bench Press, and Deadlift).
- **When submitting names on the excel spreadsheet, please include a current weight and current opening attempt. (Opening attempt can be changed the morning of)**
- **If numbers are low, proper divisioning will be used by using the Wilks Formula to calculate places.**
- **Approved powerlifting uniforms must be either a singlet or a shirt/gym shorts. You must also have knee high socks. Up to 4" powerlifting belts are approved as well.**

### **Allowed and Non-Allowed Expenses**

- SOLA will be providing meals and drinks for this event.
- Water will be provided for athletes.

## Registration Qualifications

### Athletes & Alternates:

- When registering, please be sure to assign a Supervised By person (Coach) to each athlete.
- All participating athletes must have an accurate and current Athlete Registration Packet. *The Athlete registration packet can be found on our website [here](#). All Athletes must have valid medical form also.*
- Any athlete that does not have an Athlete Packet before that deadline will be scratched and replaced by that area's alternate. **THERE WILL BE NO DATE EXTENSIONS ON THE DUE DATE FOR ATHLETE PACKETS AND COACH CERTIFICATIONS. THERE WILL BE NO EXCEPTIONS.** Please make arrangements to get this required information ASAP!

### Coaches and Unified Partners:

- All Class-A Volunteers (Coaches and Unified Partners) must have the appropriate certifications by the deadlines stated above or they will be scratched. If you would like to know who is certified, please contact Max Fernandez at [mfernandez@laso.org](mailto:mfernandez@laso.org)

## Game Day Registration Procedures

- Please review all [coaching resources](#), including the code of contact, before arrival.

## Assessment Fees

- We will be reinstating assessment fees for our state competitions in 2023. The fee for this event is \$25 per delegate. Please make arrangements to include in your 2023 local program budget if you plan to attend. Thanks!