



POWERLIFTING

2024-2025

Date	Meet	Location	Notes/Lifters
12-21-25	Holden Holiday Invitational	Holden High School	16 total selected lifters
1-13-25	Woodlawn Tri Meet	Woodlawn High School	Monday- Selected Lifters
1-18-25	District 5-5A Championship	Denham Springs High School	Top Available Lifters
1-25-25	Cowboy Invitational	Jewel Sumner High School	16 total selected lifters
1-29-25	Tiger Tri Meet	Doyle High School	Selected lifters
2-6-25	Central Tri Meet	Central High School	Selected lifters
2-8-25	Baton Rouge JV City	Catholic High School	16 total selected NON-regional Lifters
2-22-24	Girls East Regionals	Catholic High School (St. Joseph's)	TOP 11 QUALIFIED Girls*
3-1-24	Boys East Regionals	Catholic High School	TOP 11 QUALIFIED Boys*
3-28-24	Division 1 Girls State	Pontchartrain Center- Kenner, LA	Must qualify through Regionals**
3-29-24	Division 1 Boys State	Pontchartrain Center- Kenner, LA	Must qualify through Regionals**

*Top 11 lifters who have qualified as a Top 20 lifter in their weight class for Division 1, based on Tri and Invitational meet results

**Top 10 lifters in each weight class for Division 1 based on regional results