4:00-7:00pm

LHSAA Cross Country State Championship participants and their families are encouraged to visit!

Admission is FREE and complimentary refreshments will be served.





Natchitoches,LA 71457

5:00pm



Ragin' 13 documentary film screening

At 5:00pm there will be a showing of the award winning documentary "The Ragin'13." The film chronicles the ULL weightlifting team who won eight national championships between 1957 and 1971 making it one of the most successful programs in the nation.

A Q&A and panel discussion with filmmaker Nicholas Campbell, teammates 2023 LSHOF inductee Walter Imahara and author of the companion book Warren Perrin, will take place after the screening. Don't miss this opportunity to see this award winning documentary!