

## 2022 - 2023 Girls Powerlifting Alignments

<b><u>Division I</u></b> <b><u>40 Teams</u></b>		
<b>Region 1</b> Airline Benton Captain Shreve Parkway Ruston Southwood West Monroe	<b>Region 2</b> Chalmette Covington Fontainebleau Mandeville Mt. Carmel Northshore Slidell	<b>Region 3</b> Baton Rouge Central - B.R. Denham Springs Hammond Live Oak Ponchatoula St. Joseph's Academy Woodlawn - B.R. Zachary
<b>Region 4</b> Carencro Comeaux Lafayette New Iberia Sam Houston Southside	<b>Region 5</b> Alexandria Natchitoches Central Pineville	<b>Region 6</b> Destrehan Dutchtown East Ascension East St. John H.L. Bourgeois Hahnville St. Amant Terrebonne

<b><u>Division II</u></b> <b><u>43 Teams</u></b>		
<b>Region 1</b> Bossier Huntington North DeSoto Northwood - Shrev. Woodlawn - Shrev.	<b>Region 2</b> Academy of Our Lady Archbishop Hannan De La Salle Eleanor McMain Franklinton Kenner Discovery Health Science Lakeshore New Orleans Military & Maritime Pearl River Salmen	<b>Region 3</b> Broadmoor Istrouma McKinley St. Michael the Archangel Tara Belle Chasse
<b>Region 4</b> Beau Chene Breaux Bridge Cecilia DeRidder Livonia North Vermilion Opelousas Plaquemine Rayne Teurlings Catholic Washington-Marion Westgate	<b>Region 5</b> Grant Leesville Peabody Tioga	<b>Region 6</b> A.J. Ellender Assumption Lutcher Morgan City South Lafourche South Terrebonne Vanderbilt Catholic

# - Not competing for district honors

## 2022 - 2023 Girls Powerlifting Alignments

<u>Division III</u> <b>40 Teams</b>		
<b>Region 1</b> Bastrop Caldwell Parish Carroll Richwood Sterlington Union Parish Wossman	<b>Region 2</b> Bogalusa Morris Jeff Community Patrick Taylor - Science/Tech. Pine Sophie B. Wright	<b>Region 3</b> Albany Doyle Glen Oaks Jewel Sumner Madison Prep Parkview Baptist Port Allen
<b>Region 4</b> Abbeville Church Point Crowley Erath Iota Kaplan Mamou Pine Prairie Port Barre St. Louis Catholic Ville Platte	<b>Region 5</b> Bolton Buckeye Bunkie Jena Marksville	<b>Region 6</b> Berwick Donaldsonville E.D. White Patterson St. James

# - Not competing for district honors

## 2022 - 2023 Girls Powerlifting Alignments

<u>Division IV</u> <b>69 Teams</b>		
<b>Region 1</b> Beekman Charter Calvary Baptist D'Arbonne Woods Charter Green Oaks Jonesboro-Hodge Lakeside Madison Mangham Mansfield Red River	<b>Region 2</b> Northlake Christian Pope John Paul II	<b>Region 3</b> Capitol Dunham East Feliciana Episcopal French Settlement Springfield St. Helena College & Career Acad. St. Thomas Aquinas
<b>Region 4</b> Ascension Episcopal Catholic - N.I. Delcambre Loreauville Notre Dame	<b>Region 5</b> Glenmora Holy Savior Menard Lakeview Many Pickering	<b>Region 6</b> Franklin

# - Not competing for district honors

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<b><u>Division V</u></b> <b><u>41 Teams</u></b>
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**Region 1**  
 Castor  
 Cedar Creek  
 Claiborne Christian  
 Delhi  
 Delhi Charter  
 Glenbrook  
 Haynesville  
 Homer  
 Magnolia School of Excellence  
 Plain Dealing  
 Quitman  
 Ringgold  
 River Oaks  
 St. Frederick

**Region 2**  
 Mt. Hermon

**Region 3**  
 Central Private  
 Holden  
 La. School for Deaf  
 La. School for Visually Impaired  
 Maurepas  
 Slaughter Community Charter

**Region 4**  
 Acad. of Sacred Heart - G.C. #  
 Catholic - P.C.  
 East Iberville  
 Elton  
 False River  
 Gueydan  
 North Central  
 Sacred Heart  
 St. Edmund  
 St. John  
 Vermilion Catholic  
 Westminster Christian - Lafayette #

**Region 5**  
 Alexandria Country Day  
 Evans  
 Northwood - Lena  
 Rapides  
 St. Mary's

**Region 6**  
 Ascension Catholic  
 Riverside Academy  
 West St. John



# - Not competing for district honors

**JV ONLY**  
**4 Teams**

Liberty \*  
 Northeast \*  
 Ouachita Parish \*  
 Scotlandville \*