



2020 Calvary Baptist Academy Invitational

DATE: January 4, 2020

MEET DIRECTOR: Daniel Vanderberg
Phone: (318) 376-0069
E-mail: CoachVandyCBA@gmail.com

SITE: **Calvary Baptist Academy Dome**
9333 Linwood Ave.
Shreveport, LA 71106

DEADLINE: **SATURDAY, DECEMBER 21, 2019 BY 10:00 PM**

Non-refundable check must accompany entry forms to secure a spot in the meet.
Meet will have a 200-lifter capacity. Spots reserved via receipt of non-refundable check.
Coaches may alter their roster as needed, but no refunds will be issued.

ALL WAIVER AND ENTRY FORMS CAN BE DOWNLOADED OFF LHSPLA WEBSITE.

ENTRY FEE: **\$20.00 FOR EACH LIFTER** – Unlimited lifters per team.
MAKE ALL CHECKS PAYABLE TO: [*Calvary Powerlifting*](#)

ELIGIBILITY: Schools will be allowed to bring as many lifters as they wish. Any lifter, who meet the eligibility requirements set forth by the LHSPLA in Article VIII of the constitution, are eligible to lift.

LIFTING SUITS AND SINGLETs ARE NOT REQUIRED.

WAIVERS: All lifters participating in the Calvary Baptist Academy Invitational Meet must produce a signed waiver to be eligible to compete.

UNIFORM: The LHSPLA uniform rule, Section III, rule 1 a-d, will be waived for all lifters.

ADMISSION: Adults: \$5.00 (Children under school age get in free)

AWARDS: Medals for 1st—3rd place finishers in each weight class.
Outstanding Lifter Trophies: light and heavy platform-girls and boys.
Boys and Girls team awards will be presented to the 1st and 2nd place teams.



2020 Calvary Baptist Academy Invitational

Schedule of Events

TO EXPEDITE THE CHECKING IN PROCESS, THERE WILL BE NO WEIGH-IN HELD ON FRIDAY NIGHT OR SATURDAY MORNING. EACH TEAM WILL BE ALLOWED TO WEIGH THEIR KIDS AT THEIR SCHOOLS. EACH COACH WILL BE RESPONSIBLE FOR EITHER E-MAILING THEIR TEAM'S BODY WEIGHTS AND OPENERS to –CoachVandyCBA@gmail.com BY SATURDAY, DECEMBER 21ST, SO THE BODYWEIGHT AND OPENER INFORMATION CAN BE PUT ON THE CARDS.

MEET SCHEDULE (BOYS/GIRLS):

SATURDAY, JANUARY 4, 2020

CHECK-IN	7:30 – 9:00 A.M.
COACHES MEETING	9:00– 9:30 A.M.
OFFICIAL'S MEETING.....	9:00 – 9:30 A.M.
WARM-UP.....	9:25 – 9:45 A.M.
REPORT TO PLATFORMS FOR RULES BRIEFING.....	9:45 A.M.
OPENING CEREMONIES.....	9:55 A.M.
LIFTING STARTS.....	APPROXIMATELY 10:00 A.M.



2020 CALVARY INVITATIONAL MEET WAIVER

NAME: _____ ADDRESS: _____

CITY: _____ STATE: _____

PHONE: (_____) _____ SCHOOL: _____

CLASSIFICATION: _____ GRADE: _____ SEX: M _____ F _____

COACH: _____

IN CONSIDERATION OF YOUR ACCEPTING THIS ENTRY, I HEREBY FOR MYSELF AND MY HEIRS, RELEASE ALL RIGHTS, CLAIMS FOR DAMAGES AND INJURIES I MAY HAVE AGAINST CALVARY BAPTIST ACADEMY, SCHOOL BOARD, DANIEL VANDERBERG, ALL OTHER MEET DIRECTORS, AND STAFF. INCLUDING ANY AND ALL OTHER PARTICIPATING SPONSORS, SUPPORTERS, REFEREES, SPOTTERS AND LOADERS AS A RESULT OF MY PARTICIPATING IN THE ABOVE LISTED COMPETITION. I MAKE THIS RELEASE AND WAIVER OF CLAIM WITH THE FULL KNOWLEDGE OF THE HAZARDS AND INHERENT RIGHTS ASSOCIATED WITH THE ABOVE COMPETITION. I HEREBY ASSUME THE RISK OF INJURY AND PROPERTY DAMAGE LOSS.

SIGNED: _____ DATE: _____

PARENT OR GUARDIAN: _____ DATE: _____

COACH'S SIGNATURE: _____ DATE: _____

ALL LIFTERS MUST SECURE SIGNATURE OF PARENT/GUARDIAN