

Natchitoches Central High School



Home of the Chiefs

Excellence~Pride~Tradition

2020 NCHS Chief Invitational

DATE

January 11, 2020

MEET DIRECTOR: **John Daugherty, Head Coach**

Phone: (318) 663-1745

Email: john.daugherty@nat.k12.la.us

SITE:

Natchitoches Central High School

6513 Hwy 1 By-Pass Natchitoches, LA 71457

DEADLINE:

Entry's Forms e-mailed to me no later than

TUESDAY, JANUARY 7, 2020

E-MAIL: john.daugherty@nat.k12.la.us

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

ENTRY

FEE: **\$20.00 FOR EACH LIFTER / PLEASE NO MORE THAN 2 PER WEIGHT CLASS**

MAKE ALL CHECKS PAYABLE TO: Natchitoches Central High School

ELIGIBILITY

Schools will be allowed to bring up to 2 per weight class. 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 Chief 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: \$6.00 (Children under 5 free admission)

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.

2019 Natchitoches Central Chief 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 IN AT THEIR SCHOOLS. EACH COACH WILL BE RESPONSIBLE FOR EMAILING THEIR TEAMS BODY WEIGHTS AND OPENERS TO
E-MAIL – john.daugherty@nat.k12.la.us BY TUESDAY, JANUARY 7TH, SO THE BODYWEIGHT AND OPENER INFORMATION CAN BE PUT ON THE CARDS.

NO OUTSIDE FOOD ALLOWED AT THE MEET. WE WILL HAVE CONCESSIONS AVAILABLE.

MEET SCHEDULE (BOYS/GIRLS):

THIS IS A 4 PLATFORM MEET

SATURDAY, JANUARY 11, 2020

CHECK-IN	7:00 – 8:00 A.M.
COACHES MEETING	8:00 – 8:30 A.M.
OFFICIAL'S MEETING.....	8:00 – 8:30 A.M.
WARM-UP.....	8:25 – 8:45 A.M.
REPORT TO PLATFORMS FOR RULES BRIEFING.....	8:45 A.M.
OPENING CERMONIES.....	9:00 A.M.
LIFTING STARTS.....	APPROXIMATELY 9:00 A.M.

2020 NATCHITOCHES CENTRAL CHIEF 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 NATCHITOCHES CENTRAL HIGH SCHOOL, NATCHTOCHES PARISH SCHOOL BOARD, JOHN DAUGHERTY, 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