



2020 Salmen High School Invitational

DATE: February 1, 2020

MEET DIRECTOR: Chris Thomas
Phone: (504) 957-7671
Email: chris.thomas@stpsb.org

SITE: **Salmen High School**
300 Spartan Drive
Salmen, LA 70458

DEADLINE: Entry's Forms e-mailed to me no later than
Monday, January 27, 2018
E-MAIL: chris.thomas@stpsb.org

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: *Salmen High School*

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 SHS 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.

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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 EITHER E-MAILING OR FAXING THEIR TEAMS BODY WEIGHTS AND OPENERS TO *E-MAIL* – chris.thomas@stpsb.org. BY Monday, January 27, SO THE BODYWEIGHT AND OPENER INFORMATION CAN BE PUT ON THE CARDS.

MEET SCHEDULE (BOYS/GIRLS):

SATURDAY, February 1, 2020

CHECK-IN	6:30 – 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 SALMEN 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 SALMEN HIGH SCHOOL, ST. TAMMANY PARISH SCHOOL BOARD, CHRIS THOMAS, 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