



## **2020 West Monroe High School Invitational Meet**

DATE: January 11, 2020

MEET DIRECTOR: Jeremy Many

SITE: **West Monroe High School**  
201 Riggs Street  
West Monroe, LA 71291

DEADLINE: Entry's Forms e-mailed to me no later than  
**Monday, January 6, 2020**  
E-MAIL: [jmany@opsb.net](mailto:jmany@opsb.net)

**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: West Monroe High School**

ELIGIBILITY: Schools will be allowed to bring as many lifters as they wish. Any lifter, who meets 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 WMHS 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: \$7, (Children under school age get in free)

AWARDS: Trophies for 1<sup>st</sup>—3<sup>rd</sup> place finishers in each weight class.  
Outstanding Lifter Plaques: light and heavy platform-girls and boys.

CONCESSION: **No outside food or drink allowed**



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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* – jmany@opsb.net BY MONDAY, JANUARY 6<sup>TH</sup>, SO THE BODYWEIGHT AND OPENER INFORMATION CAN BE PUT ON THE CARDS.

### **MEET SCHEDULE (BOYS/GIRLS):**

#### **SATURDAY, JANUARY 11, 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.....8:10 – 8:40 A.M.  
REPORT TO PLATFORMS FOR RULES BRIEFING.....8:45 A.M.  
**LIFTING STARTS..... APPROXIMATELY 9:00 A.M.**



POWERLIFTING

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### 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 WEST MONROE HIGH SCHOOL, OUACHITA PARISH SCHOOL BOARD, JEREMY MANY, 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**