



2022 Holden Holiday Powerlifting Invitational

DATE: December 17, 2022

MEET DIRECTOR: David White

Phone: (985)-974-3377

Email: david.white@lpsb.org

SITE: Holden High School- Back Gym

30120 Hwy. 441

Holden, La 70744

DEADLINE: December 8, 2022

Non-refundable check must accompany entry forms to secure a spot in the meet. Meet will have a **150-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: Holden High School

ELIGIBILITY: Schools will be allowed to enter 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.

WAIVERS: All lifters participating in the Holden High School 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: \$7.00 (Children under school age get in free)

AWARDS: Medals for 1st—3rd place finishers in each weight class.

Outstanding Lifter awards for top light and heavy male and female.

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Schedule of Events

TO EXPEDITE THE CHECK-IN PROCESS, THERE WILL BE NO WEIGH-IN HELD ON FRIDAY NIGHT OR SATURDAY MORNING. EACH TEAM WILL BE ALLOWED TO WEIGH THEIR ATHLETES AT THEIR SCHOOLS. EACH COACH WILL BE RESPONSIBLE FOR E-MAILING THEIR TEAMS BODY WEIGHTS AND OPENERS TO david.white@lpsb.org BY **December 14, 2022** SO THE BODYWEIGHT AND OPENER INFORMATION CAN BE ENTERED INTO COMPUTERIZED SCORING PROGRAM.

MEET SCHEDULE (BOYS/GIRLS):

SATURDAY, DECEMBER 17, 2022

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 8:45AM

OPENING CERMONIES 9:00A.M.

LIFTING STARTS..... APPROXIMATELY 9:00 A.M.

ALL LIFTERS MUST SECURE SIGNATURE OF PARENT/GUARDIAN – FORM MUST BE COMPLETED USING AN INK PEN

LHSPLA/LHSAA Health Insurance Information Form 2022-2023

This form shall be turned into the Meet Director before participation in an LHSPLA/LHSAA sanctioned Invitational/Tri/Regional/State Meet will be allowed. Schools with group policies may submit a letter with their group policy information with a certified list of covered students. **The Meet Director has discretion to permit participation to accommodate unique circumstances regarding policy information.** I have read and understand the above information as it pertains to (lifter's name)

_____ Sex: M ___ F ___

participation in an LHSPLA/LHSAA sanctioned Invitational/Tri/Regional/State Meet for the 2022-2023 Powerlifting Season.

Address: _____

City: _____, LA Date of Birth: _____

Currently attends the ___th grade at _____ High School

Is covered by (check one): Regular/Indemnity ___ PPO ___ HMO ___ Point of Service ___

Medicaid ___ (Medicaid number ***must*** be listed on this form if that is the Insurance Provider of choice by the meet participant, form will be ***null and void*** without a correctly listed ***Medicaid Number.***)

Name of Insurance Company: _____

Name of Policyholder: _____

Policy Number: _____ Group Name or Number: _____

2022-2023 LHSPLA/LHSAA Invitational/Tri/Regional/State Meet Waiver

The undersigned, with full knowledge of the hazards and inherent risks of physical and mental injury involved in powerlifting competitions hereby release(s) all rights (known and unknown), claims, and interest for *any* injuries and/or damages against the LHSPLA, LHSAA, host schools, meet directors, officials, spotters, and loaders as a result of the named lifter participating in an LHSPLA/LHSAA sanctioned Invitational/Tri/Regional/State Meet during the 2022-2023 powerlifting season.

This waiver also releases the LHSPLA from any claims of liability (known or unknown) related to the results of a sanctioned LHSPLA/LHSAA Invitational/Tri/Regional/State Meet being published on its website. A student may be identified by first name and/or first initial of the last and the name of their school.

_____ Post my results on the LHSPLA/LHSAA website.

_____ Do not publish my results on the LHSPLA/LHSAA website

I have read and understand all of the information listed above.

Lifter's Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

Coach's Signature: _____ Date: _____

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