



## 2023 North DeSoto Invitational Meet



DATE: January 28, 2023

MEET DIRECTOR: **Emilie King, Girls Head Coach**  
Phone: (318) 581-6523  
Email: [emilie.king@desotopsb.com](mailto:emilie.king@desotopsb.com)

SITE: **North DeSoto High School**  
2571 Hwy 171  
Stonewall, LA 71078

DEADLINE: **Entry's Forms e-mailed to me no later than  
TUESDAY, JANUARY 24, 2023**  
E-MAIL: [emilie.king@desotopsb.com](mailto:emilie.king@desotopsb.com)

**ALL WAIVER AND ENTRY FORMS CAN BE DOWNLOADED OFF LHSPLA WEBSITE. I HAVE ALSO ATTACHED TO THIS EMAIL.**

ENTRY FEE: **\$20.00 FOR EACH LIFTER**

**MAKE ALL CHECKS PAYABLE TO: North DeSoto High School**

ELIGIBILITY **Schools do not have a lifter amount per weight class limit. 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 North DeSoto 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 5 free admission)**

AWARDS: **Medals for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> 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 1<sup>st</sup> and 2<sup>nd</sup> place teams.**

# 2023 North DeSoto Invitational Meet

## 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* – emilie.king@desotopsb.com BY TUESDAY, JANUARY 24<sup>TH</sup>, 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 28, 2023

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 CEREMONIES.....9:00 A.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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