

DATE: JANUARY 14, 2023

UNIFORM:

MEET DIRECTOR: Cord Larsen Alan Bryant

> PHONE: 337-263-7773 318-751-6157

EMAIL: abryant1898@yahoo.com Cord.Larsen@cpsb.org

SITE: SAM HOUSTON HIGH SCHOOL

880 SAM HOUSTON JONES PARKWAY

LAKE CHARLES, LA. 70611

DEADLINE: ENTRY FORMS E-MAILED OR MAILED TO ME NO LATER THAN TUESDAY, JANUARY 10, 2023

> E-MAIL: abryant1898@yahoo.com Cord.Larsen@cpsb.org

200 LIFTERS IS THE MAXIMUM NUMBER THAT WILL BE ACCEPTED.

ALL WAIVER AND ENTRY FORMS CAN BE DOWNLOADED OFF LHSPLA WEBSITE

\$20.00 FOR EACH LIFTER - UNLIMITED LIFTERS PER TEAM. ENTRY FEE:

MAKE ALL CHECKS PAYABLE TO: SAM HOUSTON POWERLIFTING

PUT POWERLIFTING MEET IN THE MEMO SECTION.

SCHOOLS WILL BE ALLOWED TO BRING AS MANY LIFTERS AS THEY WISH AS SPACE ALLOWS. ALL LIFTERS WHO MEET THE ELIGIBILITY REQUIREMENTS SET FORTH BY THE LHSPLA IN **ELIGIBILITY**:

ARTICLE VIII OF THE CONSTITUTION, ARE ELIGIBLE TO LIFT.

ALL LIFTERS PARTICIPATING IN THE SAM HOUSTON INVITATIONAL MEET MUST PRODUCE A SIGNED WAIVER TO BE ELIGIBLE TO COMPETE. WAIVERS:

THE LHSPLA UNIFORM RULE, SECTION III, RULE 1 A-D, WILL BE WAIVED FOR ALL LIFTERS.

LIFTING SUITS AND SINGLETS ARE NOT REQUIRED

Adults: \$5.00 (Children 5 and under get in free) **ADMISSION:**

MEDALS FOR 1st - 3RD PLACE FINISHERS IN EACH WEIGHT CLASS AWARDS:



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 AT THEIR SCHOOLS. EACH COACH WILL BE RESPONSIBLE FOR EMAILING THEIR TEAMS BODY WIEGHTS ANDOPENERS TO – cord.larsen@cpsb.org BY TUESDAY, JANUARY 10TH, SO BODYWEIGHTS

AND OPENER INFORMATION CAN BE PUT ON CARDS AND ENTERED INTO THE SCORING PROGRAM. FAILURE TO TURN IN OPENERS BY TUESDAY, JANUARY 11TH COULD FORFEIT YOUR TEAMS ENTRY INTO THE MEET. ****NO CHANGING WEIGHT CLASSES AFTER THE MEET STARTS***** ONCE A LIFTER DECLARES A WEIGHT CLASS, THEY MUST LIFT IN SAID WEIGHT CLASS***** BODY WEIGHT AND OPENERS MUST BE TURNED IN BY TUESDAY JANUARY 10TH BY 3:00p.m.

MEET SCHEDULE (BOYS/GIRLS):

SATURDAY, JANUARY 14, 2023

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

8:55 A.M.

CHECK-IN

LIFTING STARTS

APPROXIMATELY 9:00 A.M.

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 <u>must</u> 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: _____

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