

# 2022 DALE WEINER INVITATIONAL



DATE: DECEMBER 17, 2022

MEET DIRECTOR: MATT SHELTON, CHS & SJA HEAD COACH  
PHONE: (225) 445-6606  
EMAIL: [MSHELTON@CATHOLICHIGH.ORG](mailto:MSHELTON@CATHOLICHIGH.ORG)

SITE: CATHOLIC HIGH SCHOOL (IN THE GYM)  
855 HEARTHSTONE DR.  
BATON ROUGE, LA 70806

DEADLINE: ENTRY FORMS EMAILED TO COACH SHELTON NO LATER THAN  
TUESDAY, DECEMBER 13, 2022  
EMAIL: [MSHELTON@CATHOLICHIGH.ORG](mailto:MSHELTON@CATHOLICHIGH.ORG)

ALL WAIVER AND ENTRY FORMS CAN BE DOWNLOADED OFF THE  
LHSPLA WEBSITE (LHSPLA.NET). I HAVE ALSO ATTACHED THEM TO  
THIS EMAIL.

ENTRY FEE: \$20 FOR EACH LIFTER

MAKE ALL CHECKS PAYABLE TO: CATHOLIC HIGH SCHOOL

ELIGIBILITY: SCHOOLS HAVE AN UNLIMITED NUMBER OF LIFTERS PER WEIGHT  
CLASS. ANY LIFTER WHO MEETS THE ELIGIBILITY REQUIREMENTS  
SET FORTH BY THE LHSPLA IN ARTICLE VIII OF THE CONSTITUTION  
ARE ELIGIBLE TO LIFT.

WAIVERS: **ALL LIFTERS PARTICIPATING IN THE DALE WEINER  
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.

**LIFTING SUITS AND SINGLETs ARE NOT REQUIRED**

ADMISSION: PRE-SALE DIGITAL TICKETS = \$8.00 (plus fees)  
CASH OR CREDIT AT GATE = \$10.00

# 2022 DALE WEINER INVITATIONAL

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.

## 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 OWN KIDS IN AT THEIR SCHOOL. EACH COACH WILL BE RESPONSIBLE FOR EMAILING THEIR TEAMS BODY WEIGHTS AND OPENERS TO [MSHELTON@CATHOLICHIGH.ORG](mailto:MSHELTON@CATHOLICHIGH.ORG) BY TUESDAY, DECEMBER 13<sup>TH</sup> SO THE BODYWEIGHT AND OPENER INFORMATION CAN BE PUT ON THE CARDS.

**NO OUTSIDE FOOD OR DRINK ALLOWED AT THE MEET; WE WILL HAVE CONCESSIONS AVAILABLE.**

MEET SCHEDULE (BOYS & GIRLS)

THIS IS A 3 PLATFORM MEET

**SATURDAY, DECEMBER 17, 2022**

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.  
REPROT 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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