



2023 Lion Invitational



- Date** January 14th, 2023
- Meet Director** John Burford
Phone: (985) 768-2916
Email: johnburford113@gmail.com
- Site** Covington High School
73030 Lion Dr
Covington, LA 70433
- Deadline** Spots must be confirmed by email no later than
Wednesday, January 4th, 2023
Email johnburford113@gmail.com

Please inform the meet director as soon as possible if you will not be needing all of your requested spots. At the Deadline, teams agree to pay for all confirmed spots before anyone from that team is allowed to compete
- Entry Fee** \$25 per lifter - only 11 lifters per team
Make all checks payable to [Covington High School](#)
- Eligibility** Any lifter who meets the eligibility requirements set forth by the LHSPLA in Article VIII of the constitution are eligible to lift.
All lifters must produce a signed waiver before competing.
- Uniform** The LHSPLA uniform rule, Section II, rule 1 a-d will be waived for all lifters
- Admissions** Adults..... \$7
Students with ID..... \$4
Under 10.....Free
- Awards** Medals for 1st - 3rd place in each weight class
Outstanding Lifter Awards: Light & Heavy platforms, boys and girls
1st and 2nd place teams, boys and girls



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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 e-mailing their teams bodyweights and openers to johnburford113@gmail.com by Friday, January 6th

Meet Schedule (Boys and Girls)

Saturday, January 14th 2023

Check-In.....	6:30 - 8:00 AM
Coaches Meeting.....	8:00 - 8:30 AM
Officials Meeting.....	8:00 - 8:30 AM
Warm-up.....	8:25 - 8:45 AM
Report to platforms.....	8:45 AM
Opening ceremonies.....	8:55 AM
Lifting starts.....	9:00 AM

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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