



2023 Holden Holiday Powerlifting Invitational

DATE: December 16, 2023

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 7, 2023

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 13, 2023 SO THE BODYWEIGHT AND OPENER INFORMATION CAN BE ENTERED INTO COMPUTERIZED SCORING PROGRAM.

MEET SCHEDULE (BOYS/GIRLS):

SATURDAY, DECEMBER 16, 2023

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 CEREMONIES 9:00A.M.

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

PLEASE NOTE:

All schools are ineligible to compete at ANY LHSPLA Meet until their school's LHSPLA Registration form has been received in good order, along with annual Registration Fee and verified via email by the LHSPLA Secretary.

2023 Holden Holiday Powerlifting Invitational Meet Waiver

NAME: _____ ADDRESS: _____

CITY: _____ STATE: _____

PHONE: (_____) _____ SCHOOL: _____

CLASSIFICATION: _____ GRADE: _____ SEX: M _____ F _____

COACH: _____

IN CONSIDERATION OF YOUR ACCEPTING THIS ENTRY, I HEREBY FOR MYSELF AND MY HEIRS, RELEASE ALL RIGHTS, CLAIMS FOR DAMAGES AND INJURIES I MAY HAVE AGAINST HOLDEN HIGH SCHOOL, LIVINGSTON PARISH SCHOOL BOARD, DAVID WHITE, ALL OTHER MEET DIRECTORS, AND STAFF.

INCLUDING ANY AND ALL OTHER PARTICIPATING SPONSORS, SUPPORTERS, REFEREES, SPOTTERS AND LOADERS AS A RESULT OF MY PARTICIPATING IN THE ABOVE LISTED COMPETITION. I MAKE THIS RELEASE AND WAIVER OF CLAIM WITH THE FULL KNOWLEDGE OF THE HAZARDS AND INHERENT RIGHTS ASSOCIATED WITH THE ABOVE COMPETITION. I HEREBY ASSUME THE RISK OF INJURY AND PROPERTY DAMAGE LOSS.

SIGNED: _____ DATE: _____

PARENT OR GUARDIAN: _____ DATE: _____

COACH'S SIGNATURE: _____ DATE: _____

ALL LIFTERS MUST SECURE SIGNATURE OF PARENT/GUARDIAN