

# 2024 LHSPLA RAW Invitational



DATE: **January 13, 2024**

MEET DIRECTOR: Michael Courville  
Email: [macourville@lpssonline.com](mailto:macourville@lpssonline.com)

SITE: Carencro High School - Gym

DEADLINE: 200 lifters is the cap for entries  
When cap is reached, no more entries will be accepted.  
Spots are only reserved upon receipt of nonrefundable check.  
Check should be mailed early to hold spots. Roster not due until Monday, January 8.  
Contact meet director to inquire if the meet is full, prior to mailing check  
Waiver must be turned in on the morning of the meet, for each lifter.

ENTRY FEE: **\$30.00 FOR EACH LIFTER** – Unlimited lifters per team.  
**MAKE ALL CHECKS PAYABLE TO: *Carencro High School Powerlifting***  
Spots are only reserved upon receipt of nonrefundable check  
Contact meet director before mailing check to make sure meet is not sold out  
If a coach scratches lifters, the coach can replace the lifter through January 8.  
**No refunds will be issued for any reason.**

SPECTATORS \$10 spectator admission. Free for ages 5 and under.

ELIGIBILITY: Any lifter, who meets the eligibility requirements set forth by the LHSPLA in Article VIII of the constitution, is eligible to lift.

UNIFORM: Shorts and t-shirt are permitted or singlet and t-shirt.  
Belt, wrist wraps, and knee wraps **are** permitted in the RAW Invitational.  
No knee wraps, squat suits, bench press shirts, or deadlift suits.

SCHEDULE CHECK-IN .....7:30 – 8:45 A.M.  
COACHES & OFFICIALS MEETINGS .....9:30 – 9:45 A.M.  
**LIFTING STARTS.....10:00 A.M.**

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## 2024 LHSPLA Raw Invitational - Meet Waiver

NAME: \_\_\_\_\_ SEX: \_\_\_\_ SCHOOL: \_\_\_\_\_

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 CARENCRO HIGH SCHOOL, LAFAYETTE PARISH SCHOOL BOARD, 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**