

LAKE ARTHUR HIGH SCHOOL TIGER INVITATIONAL

DATE: DECEMBER 30TH, 2024

MEET DIRECTOR: Alan Bryant

PHONE: 337-263-7773

EMAIL: alan.bryant@jdpsbk12.org abryant1898@yahoo.com

SITE: LAKE ARTHUR HIGH SCHOOL
4374 TIGER LANE
LAKE ARTHUR, LA. 70549

DEADLINE: ENTRY FORMS E-MAILED OR MAILED TO ME NO LATER THAN THURSDAY, DECEMBER 28TH, 2024

E-MAIL: alan.bryant@jdpsbk12.org abryant1898@yahoo.com

150 LIFTERS IS THE MAXIMUM NUMBER THAT WILL BE ACCEPTED.

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:

LAKE ARTHUR HIGH SCHOOL POWERLIFTING

PUT POWERLIFTING MEET IN THE MEMO SECTION.

ELIGIBILITY: 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
ARTICLE VIII OF THE CONSTITUTION, ARE ELIGIBLE TO LIFT.

WAIVERS: ALL LIFTERS PARTICIPATING IN THE LAKE ARTHUR HIGH 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 SINGLET'S ARE NOT REQUIRED

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

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

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: alan.bryant@jdpsbk12.org BY THURSDAY, DECEMBER 30TH, 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 THURSDAY, DECEMBER 28TH AT 3:00p.m.

MEET SCHEDULE (BOYS/GIRLS):

SATURDAY, DECEMBER 30TH, 2023

CHECK-IN	<i>6:30 – 8:00 A.M.</i>
COACHES MEETING	<i>8:00 – 8:30 A.M.</i>
OFFICIAL'S MEETING	<i>8:00 – 8:30 A.M.</i>
WARM-UP	<i>8:25 – 8:45 A.M.</i>
REPORT TO PLATFORMS FOR RULES BRIEFING	<i>8:45 A.M.</i>
OPENING CERMONIES	<i>8:55 A.M.</i>
LIFTING STARTS	<i>APPROXIMATELY 9:00 A.M.</i>

2024 LAKE ARTHUR INVITATIONAL MEET WAIVER

NAME: _____
CITY: _____
PHONE: (____) _____
CLASSIFICATION: _____

ADDRESS: _____
STATE: _____
SCHOOL: _____
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 TERREBONNE HIGH, SCHOOL BOARD, NICHOLAS GUIDRY, 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 RISKS 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 IN INK!

