



2024 ALEXANDRIA SENIOR HIGH Invitational Meet

DATE: January 27 , 2024

MEET DIRECTOR: Jackie Skipper

SITE: Alexandria Senior High

800 Ola Street

Alexandria, LA 71303

DEADLINE: Entry's Forms e-mailed to me no later than **Tuesday, January 23, 2024**

E-MAIL: jackie.skipper@rpsb.us

ALL WAIVER AND ENTRY FORMS CAN BE DOWNLOADED OFF LHSPLA WEBSITE.

ENTRY FEE: **\$20.00 FOR EACH LIFTER** - Limited lifters per team.

MAKE ALL CHECKS PAYABLE TO: **Alexandria Senior High**

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

LIFTING SUITS AND SINGLETS ARE NOT REQUIRED.

WAIVERS: All lifters participating in the ASH 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: **\$10.00** (Children under school age get in free)

AWARDS: Medals for 1st—3rd place finishers in each weight class.

CONCESSION: No outside food or drink allowed

MUST FOLLOW ALL RPSB AND STATE COVID-19 GUIDELINES DURING THE MEET.

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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 EITHER E MAILING OR FAXING THEIR TEAMS BODY WEIGHTS AND OPENERS TO

E-MAIL - jackie.skipper@rpsb.us BY **TUESDAY, January 23**, SO THE BODYWEIGHT AND OPENER INFORMATION CAN BE PUT ON THE CARDS.

MEET SCHEDULE (BOYS/GIRLS):

Saturday, January 27, 2024

CHECK-IN.....	7:00 - 8:30 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.....	8:45 A.M.
OPENING CEREMONIES	8:55
A.M. LIFTING STARTS APPROXIMATELY	9:00
A.M.	



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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 ALEXANDRIA SENIOR HIGH SCHOOL, RAPIDES PARISH SCHOOL BOARD, JACKIE SKIPPER, 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