

## CHIEF INVITATIONAL POWERLIFTING MEET

- DATE: January 17, 2009
- SCHEDULE: check-in -7:00 to 8:30 A.M.  
Warm-up-8:45 to 9:00  
Lifting will begin at 9am - until
- MEET DIRECTOR: Bob Ralston  
SCHOOL 318-352-5671  
CELL 318-652-0747  
E-MAIL [bralston@nat.k12.la.us](mailto:bralston@nat.k12.la.us)  
FAX 318-357-8837
- c/o Bob Ralston  
NCHS  
200 HWY 3110  
Natchitoches, LA 71457
- SITE: Natchitoches Central High School-Natchitoches, LA
- DEADLINE: Entry's Forms **WITH BODY WEIGHT AND OPENERS** are to be mailed, emailed or faxed no later than **MONDAY JANUARY 12, 2009.**
- LHSPLA Entry forms and meet waiver forms can be copied off the LHSPLA website. [www.lhspla.org](http://www.lhspla.org)
- ENTRY FEE: **\$20.00 FOR EACH LIFTER**
- Make checks payable to "NCHS Powerlifting Meet"
- The meet will be limited to 250 lifters. Email, fax or call me if you intend on lifting in the meet to insure a place for your lifters ASAP.
- There is no limit on the number of lifters a school may enter.
- ELIGIBILITY/RULES: LHSPLA eligibility criteria and rules will be in effect.
- WAIVER FORMS: MEET WAIVERS FOR EACH LIFTER MUST BE TURNED IN, WITH ALL INFORMATION AND SIGNITURES PRIOR TO THE LIFTER BEING ALLOWED TO LIFT IN THE MEET.
- TEAM MEMBERS: **Each school must be accompanied and supervised by a faculty representative from their school.**
- UNIFORM: Lifting suits are not required for this meet.
- ADMISSION: ADULTS: \$6.00 (children 12 and under free)
- AWARDS: INDIVIDUAL TROPHIES FOR 1<sup>ST</sup>-3<sup>RD</sup> MEDALS FOR 4<sup>TH</sup> AND 5<sup>TH</sup>  
Outstanding Lifter Awards: light and heavy platform-girls and boys