

## CHIEF INVITATIONAL POWERLIFTING MEET

DATE: January 16, 2010

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 11, 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

# 2010 NATCHITOCHEES-CENTRAL INVITATIONAL POWERLIFTING MEET

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 NATCHITOCHEES-CENTRAL HIGH SCHOOL, BOB RALSTON, ALL OTHER MEET DIRECTORS AND STAFF. INCLUDING ANY AND ALL OTHER PARTICIPATING SPONSORS, SUPPORTERS, REFEREES, SPOTTERS AND LOADERS AS A RESULT OF MY TRAVELING TO AND FROM AND 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.

## HEALTH INSURANCE VERIFICATION FORM

INJURY CLAIMS THAT OCCUR DURING THE NCHS INVITATIONAL POWERLIFTING MEET ARE THE RESPONSIBILITY OF THE INDIVIDUAL PARTICIPANT AND HIS/HER HEALTH INSURANCE PROVIDER. I/WE CERTIFY THAT I/WE HAVE HEALTH AND ACCIDENT INSURANCE ON MY CHILD \_\_\_\_\_ OR IS COVERED UNDER A BLANKET POLICY PROVIDED BY MY CHILD'S SCHOOL OF ATTENDENCE.

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_

PARENT OR GUARDIAN: \_\_\_\_\_ DATE: \_\_\_\_\_

COACH'S SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

**ALL LIFTERS MUST SECURE SIGNATURE OF PARENT/GUARDIAN**

**MAKE COPIES AS NEEDED**