

2010 KAY FENTON MEMORIAL POWER MEET

DATE: January 9th, 2010

MEET DIRECTOR: Steve Baronich
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Episcopal High School
3200 Woodland Ridge Blvd.
Baton Rouge, LA 70816

SITE: Episcopal High School – Baton Rouge, LA
(refer to website for directions – www.lhspla.org, click on the
2009-10 Invitational Meets Link

DEADLINE: Entry's Forms postmarked or e-mailed to me no later than
WEDNESDAY, JANUARY 6TH, 2010
E-MAIL: baronichs@ehsbr.org
MEET WILL BE LIMITED TO 250 TOTAL ENTRIES

**ALL WAIVER AND ENTRY FORMS CAN BE DOWNLOADED
OFF LHSPLA WEBSITE, WWW.LHSPLA.ORG**

ENTRY FEE: **\$20.00 FOR EACH LIFTER** – NO LIMIT ON THE NUMBER
OF LIFTERS A SCHOOL MAY HAVE.

**MAKE ALL CHECKS PAYABLE TO:
KAY FENTON MEMORIAL POWER MEET**

ELIGIBILITY: Schools will be allowed to bring as many lifters as they wish. Any lifters, who meet the eligibility requirements set forth by the LHSPLA in Article VIII of the constitution, are eligible to lift at the Episcopal Invitational. We will waive the LHSPLA uniform rule, Section III, rule 1 a-d, for all lifters for this meet.

LIFTING SUITS AND SINGLETS ARE NOT REQUIRED.

WAIVERS: All lifters participating in the Kay Fenton Memorial Meet must produce a sign waiver to be eligible to compete.

UNIFORM: The LHSPLA uniform rule, Section III, rule 1 a-d, will be waved for all lifters.

ADMISSION: ADULTS: \$7.00 (Children 12 and younger free)

AWARDS: Sculptured Trophies for 1st – 3rd place finishers in each weight class.
Outstanding Lifter Awards: light and heavy platform-girls and boys

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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 THEIR TEAMS BODY WEIGHTS AND OPENERS TO

E-MAIL – BARONICHS@EHSBR.ORG BY WEDNESDAY, JANUARY 6TH, SO BODYWEIGHTS AND OPENER INFORMATION CAN BE PUT ON THE CARDS.

MEET SCHEDULE (BOYS/GIRLS):

SATURDAY, JANUARY 10TH, 2009

MEET SCHEDULE(BOYS):

CHECK-IN7:00 TO 8:30 A.M.
COACHES MEETING8:30 – 8:45 A.M.
OPENING CERMONIES/WARM-UP.....8:45 TO 9:00 A.M.
LIFTING STARTS.....APPROXIMATELY 9:00 A.M.