

2010 2nd ANNUAL WALKER POWER MEET

DATE: January 23rd, 2010

MEET DIRECTOR: James Roberts
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Walker High School
12646 Burgess Ave.
Walker, LA 70785

SITE: Walker High School - Walker, LA

DEADLINE: Entry Forms postmarked or faxed no later than
JANUARY 13th, 2010 – FAX # (225) 664-4321
MEET WILL BE LIMITED TO 200 TOTAL ENTRIES

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

ENTRY FEE: **\$15.00 FOR EACH LIFTER – NO LIMIT ON THE NUMBER OF
LIFTERS A SCHOOL MAY HAVE.**

**MAKE ALL CHECKS PAYABLE TO:
WALKER 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 Walker 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 Walker 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 waved for all lifters.

ADMISSION: Adults: \$5.00 (Children 12 and younger free)

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

2010 WALKER INVITATIONAL

Schedule of Events

TO EXPEDITE THE CHECKING IN PROCESS, THERE WILL BE NO WEIGHT-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 – JAMES.ROBERTS@LPSB.ORG OR FAX – (225) 664-4321*** BY THURSDAY, JANUARY 21st SO THE BODYWEIGHT AND OPENER INFORMATION CAN BE PUT ON THE CARDS.

MEET SCHEDULE (BOYS/GIRLS):

SATURDAY, JANUARY 23rd, 2010

CHECK-IN	7:00 – 8:15 A.M.
COACHES MEETING	8:30 – 8:45 A.M.
OPENING CEREMONIES/WARM-UP	8:45 – 9:00 A.M.
LIFTING STARTS	9:00 A.M.