



## 2019 Southern Pallet Invitational at Abbeville High School

- DATE: December 21, 2019
- MEET DIRECTOR: Travis Werner  
Phone: (337) 349-2006  
Email: [traviswerner123@gmail.com](mailto:traviswerner123@gmail.com)
- SITE: Abbeville High School- Gym  
1305 Wildcat Drive  
Abbeville, La. 70510
- DEADLINE: Fourteen days prior to meet – **December 7, 2020**  
Non-refundable check must accompany entry forms to secure a spot in the meet.  
Meet will have a 250-lifter capacity. Spots reserved via receipt of non-refundable check.  
Coaches may alter their roster as needed, but no refunds will be issued.
- ALL WAIVER AND ENTRY FORMS CAN BE DOWNLOADED OFF LHSPLA WEBSITE.**
- ENTRY FEE: **\$20.00 FOR EACH LIFTER** – Unlimited lifters per team.  
**MAKE ALL CHECKS PAYABLE TO: Abbeville High Powerlifting**
- ELIGIBILITY: Schools will be allowed to enter as many lifters as they wish. Any lifter, who meet the eligibility requirements set forth by the LHSPLA in Article VIII of the constitution, are eligible to lift.
- WAIVERS: All lifters participating in the Abbeville High School 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: \$7.00 (Children under school age get in free)
- AWARDS: Medals for 1<sup>st</sup>—3<sup>rd</sup> place finishers in each weight class.  
Outstanding Lifter awards for top light and heavy male and female.



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### Schedule of Events

TO EXPEDITE THE CHECK-IN PROCESS, THERE WILL BE NO WEIGH-IN HELD ON FRIDAY NIGHT OR SATURDAY MORNING. EACH TEAM WILL BE ALLOWED TO WEIGH THEIR ATHLETES AT THEIR SCHOOLS. EACH COACH WILL BE RESPONSIBLE FOR E-MAILING THEIR TEAMS BODY WEIGHTS AND OPENERS TO [traviswerner123@gmail.com](mailto:traviswerner123@gmail.com) BY SATURDAY, FEBRUARY 1 SO THE BODYWEIGHT AND OPENER INFORMATION CAN BE ENTERED INTO COMPUTERIZED SCORING PROGRAM.

### MEET SCHEDULE (BOYS/GIRLS):

#### SATURDAY, DECEMBER 21, 2019

CHECK-IN .....7:30 – 10:00 A.M.  
COACHES MEETING .....10:00 – 10:30 A.M.  
OFFICIAL'S MEETING..... 10:00 – 10:30 A.M.  
WARM-UP.....10:25 – 10:45 A.M.  
REPORT TO PLATFORMS FOR RULES BRIEFING.....10:45 A.M.  
OPENING CERMONIES.....11:00 A.M.  
**LIFTING STARTS..... APPROXIMATELY 11:00 A.M.**



**2019 Southern Pallet Invitational**  
**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 ABBEVILLE HIGH SCHOOL, VERMILION PARISH SCHOOL BOARD, TRAVIS WERNER, 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**