



The Region 1 Regional Meets will be on:  
Division 1: Friday, March 8, 2024  
Division 2: Saturday, March 9, 2024  
**Abilene Wylie High School Gymnasium**  
**Abilene, Texas**

Coaches,

I hope that your season is going well, and you are seeing your athletes reach the goals that they set to achieve. Below I have listed some important information that you need to know in preparation for the Regional and State meets.

**Urgent Update** - Do me a favor, when you read this, send me an email with your name, and your email address attached. I had several emails sent back to me because of bad addresses.

**Name** - Y'all have already been very good about this, but check and make sure that all your lifters' names are correct on the website. If there are any errors or double listings due to misspellings let me know; this is how they will appear in the programs and on the lifter cards at the Regional and State meet.

**Last Qualifying Date** - Saturday, February 24, 2024. All results from any qualifying meets should be sent in by midnight on the 25<sup>th</sup>. No results will be accepted after that time. **\*ALL Judges must be certified for LCQ Meets\***

**Weight Declaration** - If you have any lifters who are qualified in more than one weight class, you must declare his weight class by 4:00 pm on Monday, February 26<sup>th</sup>. If you do not declare by this time, the lifter will be placed in the heavier weight class. Also, if you have any qualified lifters who are not going to compete at the Regional Meet, please let me know by 4:00 P.M. that day. You must contact me by email or cell phone (preferably email). If you fail to remove a lifter, you will still be responsible for the \$35.00 entry fee. **The top 12 lifters in each weight class qualify for the Regional Meet.**

**THSPA Academic All-State Team** - [Nominations](#) must be submitted by noon March 4, 2024. All seniors are eligible.

**Division1 Regional Meet Information:**

**Thursday, March 7th:** Early Weigh In 5:00p – 7:00p

**Friday, March 8th:** Weigh Ins 7:00a - 8:30a  
Coaches Meeting at 8:45a in the hospitality room.  
Lifting begins at 9:00a

**Division 2 Regional Meet Information:**

**Friday, March 8th:** Early Weigh In 5:30p - 7:30p

**Saturday, March 9th:** Weigh Ins 7:00a - 8:30a  
Coaches Meeting at 8:45a in the hospitality room.  
Lifting begins at 9:00a

*\*all times are approximate*

**Bring with you the following:**

- [Eligibility Form](#) - Signed by your Principal or Superintendent
- [Scholarship Application](#) (Optional) For senior lifters who would like to be considered for a \$1,000 scholarship to help with college expenses.
- Check for **\$35.00 per lifter made payable to Wylie Athletics**  
***\*Your school becomes responsible for your lifter(s) entry fee at 4:00 p.m. Monday, February, 26th.** Please notify me on or before the deadline if your lifters can't compete or you will be responsible for their entry fee. **\*No payment is necessary for alternates.***

- **Team Meals**

- [Chick-fil-A Meal Deal - Wylie Pure Gold Band Booster Club Order Form](#)
- \*Hospitality room will be provided for powerlifting coaches.

**Please bring checks for both the lifters and meals on the day of weigh in.**

If checks need to be mailed, please notify me and send them to:

Abilene Wylie High School  
Attn: Powerlifting  
4502 Antilley Rd Abilene, Texas 79606

- **Admission**

- There will be \$5 admission charged at the door for all spectators.

- **T-shirts**

- Regional Meet shirts and other items will be available

**Coaches, please let me know by Friday, March 1st the following information:**

Number of Meals: \_\_\_\_\_

Number of Coaches: \_\_\_\_\_

**Good luck the rest of this season! Please do not hesitate to call or text if you need anything.**

Thanks,

Cort Arthur

Abilene Wylie High School

Region 1, Division 1 & 2 Director

(325)201-4974