

When: Saturday, March 9, 2024

Lifting begins at 8:30 AM

Early Weigh-in: 5 PM to 6:30 PM March 8, 2023

Saturday morning weigh-in: 6:00 AM to 7:30 AM

Coaches and Judges meeting in the JH practice gym 7:45 to 8:15

Where: West High School Competition Gym

1008 Jerry Mashek West, Texas 76691

Who: Lifters who qualify by achieving a total at an Invitational Meet that ranks in the top twelve of his weight class by the last qualifying date.

Last qualifying date: Saturday, February 24

Results of meets held on this date must be turned in by midnight.

Weight Declaration Deadline: Monday, February 26 at 4 PM

Lifters with the top **twelve** qualifying totals as well as alternates must declare by the time or they will be assigned to the heavier weight class. Coaches become responsible for their lifter(s) entry fee at this time. **Let me know ASAP if you have a qualified lifter that can't compete.**

Please remember that the top twelve totals in each weight class qualify, as well as any ties at the 12th spot.

Coaches are encouraged to bring lifters in the top 15 to the regional meet in case there are no-shows or lifters who don't make weight.

Bring: 1. Drug Testing Affidavits

2. Release Form

3. Eligibility Form

4. Scholarship Application and any required materials. (one candidate per school)

5. Entry Fees--\$35 per lifter, cash or check, make checks payable to West Athletic Booster Club **(make sure it is correct as there will be no refunds given)**

Meal Deals will be available at the cost of \$8 and will include

1. Two sausage wraps

2. Choice of drink

3. Chips

4. Cookies

If paying by check, please keep fees and meal deals checks separate. Both should be made out to the West Booster Club.

Admission: \$5—NO PASSES

Any buses should park in the lot to the right of the school, while spectators may park in the front of the school and use the main entrance.

Thanks,

Steve Harralson

Director—THSPA Region 2 Division 3

West High School

sharralson@westisd.net

254-744-0954 (cell)

There are several food places in West. Pizza House (they serve more than pizza), Subway, Czech American, Bush's Chicken, Two Amigo's (Mexican Food), Slovacek's (BBQ and kolaches). Gerik's Bakery for breakfast Saturday morning and a donut shop.