

# Lifting

The Region 3 Division 4 Regional Meet will be on

# Thursday, March 7th, 2024 at Arp High School, Arp TX

* + Begins at 3:45 PM in the Gym (Map attached)

# Platforms

* + There will be 4 platforms, and no flights.

|  |  |  |
| --- | --- | --- |
|  | | |
| **Platform 1** | **Platform 2** | **Platform 3** |
| 114, 123,132 | 148,165,181 | 198,220,242 |
|  | | |
|  | | |
| **Platform 4** |  |  |
| 275,308,SHW |  |  |

# Bring with you:

* + [Eligibility Form](http://www.thspa.us/Documents/Eligibility.pdf) - Signed by your Principal or Superintendent
  + [Scholarship Application](http://www.thspa.us/Documents/Scholarship.pdf) (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** payable to: **Harmony ISD Athletics**\*

***\*Your school becomes responsible for your lifter(s) entry fee at 4:00 p.m., Monday, February 29th.*** *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.***

# Alternates

* + If you have lifters ranked in the top 20, bring them with you as there may be no-shows or lifters who do not make weight.

# Weigh In

* + Wednesday, March 6th - early weigh in: 5:00 to 6:30 P.M.
  + Thursday, March 7th - afternoon weigh in: 2:00 to 3:30 PM.

# Coaches / Judges Meeting

* + 3:15

# Admission

* + $5.00 (cash only)

# T-shirts

* + Will be available

# Supper

* + There will be supper served for the coaches.
  + Meals for the athletes: **Please notify me by e-mail at**[wilbanksd@harmonyisd.net](mailto:%20wilbanksd@harmonyisd.net%20) **how many meals you will need.** The cost will be **$8.00 each**. Make checks for athlete’s

meals payable to Arp Athletic Booster Club**. Please do not combine Entry/Meal check.**

.

Spectator Entrance >>>>

Gym Entrance >>>

Bus/Van Parking >>>>