**THSPA**

**REGION III DIVISION I**

Coaches,

The powerlifting season is approaching fast. The following information will help you prepare for the upcoming season. If you have any questions, please don’t hesitate to contact me.

**THSPA Website:**

[WWW.thspa.us](http://WWW.thspa.us) will contain all the information you will need throughout the season. All meet results will be listed and regional standings will be updated no later than Monday.

**Membership Dues:**

They must be postmarked no later than January 24th, 2015. You can find the membership form at [www.thspa.us](http://www.thspa.us) . A list of the member schools will be posted on the THSPA website for you to verify that your dues were received by the association. Dues are $75.00. Mail forms and checks to:

THSPA

BOX 1072

Crowley, TX 76036

**Any school that does not have their dues postmarked by January 24th, 2015, and still wishes to lift in the Regional Meet will have to pay a $200.00 fine before their lifters can compete.**

**Meet Results**

Please keep in mind that all meet results must be sent via e-mail as a .psm file attachment. The association provides Powerscore software free to member schools and you can download the latest version from the website. Meet results are due by 4:00 PM the Monday following the meet. If you cannot have them to me by that time make sure to contact me, otherwise the results will not be accepted.

**Meet Certification**:

If you are planning on hosting a meet, please remember that it must certified by a regional director prior to you holding the meet for the results to be reflected in the standings. Meet results from schools that have not paid membership dues by the deadline may be withheld or dropped and all standings for the region will be affected.

**Important Dates**

* Jan 24, 2015 Dues must be postmarked.
* Feb 23, 2015 Late Fees must be postmarked
* Feb 28, 2015 Last Qualifying Date. All results due by 12:00 midnight or they won’t be accepted.
* Mar 2, 2015 4:00 PM Declaration deadline for double qualified lifters
* Saturday March 7, 2015 Division I Regional Meet - Lindale High School
* March 28, 2015 State Powerlifting Meet, Abilene Texas

If I can be of any assistance this year, please don’t hesitate to contact me.

Joe Ryzman

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