# http://www.thspa.us/images/THSPA%20Logo%206.JPG

Coaches,

The regional meet is rapidly approaching. Please read the following closely as it should answer most of your questions.

WHERE:

**Lindale High Gymnasium** – 920 East Hubbard Lindale, Texas 75771

WHEN:

**Friday March 4th**

* **Early weigh in** - Lindale High School –5:00 - 6:30 p.m.

**Saturday March 5th**

* **Weigh in** - 6:30 – 8:00 a.m.
* **Coaches meeting** - 8:30 – 8:45
* **National Anthem**- 9:00- Lifting begins

ENTRY FEE:

$30.00 per lifter – Checks should be made out to Lindale High School Booster Club and turned in before competition

***\*No payment is necessary for alternates.***

ADMISSION:

Adults- **$ 5.00**

THSPA FORMS:

Copies of the [Eligibility Form](http://thspa.us/Documents/TEXAS%20HIGH%20SCHOOL%20POWERLIFTING%20ASSOCIATION%20Eligibility.pdf) and [Release Form](http://thspa.us/Documents/TEXAS%20HIGH%20SCHOOL%20POWERLIFTING%20ASSOCIATION%20release.pdf) must be turned in prior to the competition. The forms can be found in the Documents section of THSPA website at thspa.us

WEIGHT DECLARATIONS:

Weight Declarations must be made for your athletes by Monday at 4 p.m., February 29th. If you do not make a declaration by that time, any lifter in question will be placed in the heavier weight class.

NOTIFICATION OF QUALIFIERS:

Regional qualifiers will be posted on [thspa.us](http://www.thspa.us/Default.aspx) on Monday.

* *If you have a lifter who will not be able to attend the meet, I must receive notification before the final list of qualifiers are posted on the 29th.*

SCHOLARSHIP APPLICATION:

The [scholarship application form](http://thspa.us/Documents/Scholarship.pdf) can be found in the documents link of the THSPA website. Please Nominate lifters who meet qualifications described in rulebook**. (These should be turned in at registration before lifting.)**

MEALS:

* The cost of a lunch meal deals is $6.00.
* A hospitality room will be provided for all coaches.

Sincerely,

Joe Ryzman

Email: ryzmanjj@lisdeagles.net

Work Phone: (903) 881-4055

*\*\*See Lindale hotel information below*

Lindale Hotel Information

**COMFORT SUITES**

200 W. Centennial Dr.

Lindale TX 75771

903-882-8613

**LA QUINTA INN & SUITES**

204 CENTENNIAL BLVD.

LINDALE, TX 75771

903-882-1600

**HAMPTON INN**

3505 South Main Street

Lindale TX 75771

(903) 882-1002

**Best Western**

Lindale Restaurants

WING STOP

CHILI'S

INTERNATIONAL HOUSE OF PANCAKES

WHATABURGER

KFC/LJS

CRACKER BARREL

POSADOS CAFE'

EASTERN BUFFET

PETTY'S RESTAURANT

El LUGAR

DAIRY QUEEN OF LINDALE

KFC/LJS

CHICKEN EXPRESS

MCDONALDS

BURGER KING

PIZZA PASTA AND AMORE

PIZZA HUT

SONIC DRIVE INN

SUBWAY

WENDY'S OLD FASHIONED HAMBURGERS