



The Region 3 Division 2 & 3 Regional Meet will be on **March 13, 2010** at Eagle Coliseum in Rusk, TX.

- **Lifting**
  - ✓ Begins at 8:30 a.m.
- **Platforms**
  - ✓ There will be 6 platforms, 3 for each division. Flights are as follows:

Flight 1		
<b>Platform 1</b>	<b>Platform 2</b>	<b>Platform 3</b>
114, 123	165, 181	242, 275

  

Flight 2		
<b>Platform 1</b>	<b>Platform 2</b>	<b>Platform 3</b>
132, 148	198, 220	SHW

- **Bring with you:**
  - ✓ [Eligibility form](#) - Signed by your Principal or Superintendent
  - ✓ [Scholarship Applications](#) (Optional) For senior lifters who would like to be considered for a \$1,000 scholarship to help with college expenses.
  - ✓ Check for **\$25.00 per lifter** payable to: **Rusk Athletics\***

*\*Your school becomes responsible for your lifter(s) entry fee at 4:00 p.m., March 1. Please notify me on or before the deadline if your lifters can't compete or you will be responsible for their entry fee.*

**PLEASE have SEPARATE CHECKS for meals and entry fees.**

- **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**
  - ✓ Friday early weigh in: 5:00 to 6:30 P.M.
  - ✓ Saturday morning weigh in: 6:30 to 8:00 A.M.
- **Coaches Meeting**
  - ✓ 8:00 to 8:30 in the Practice Gym in the Coliseum.
- **Admission**
  - ✓ \$5.00
- **T-shirts**
  - ✓ \$10.00
- **Programs**
  - ✓ \$2.00
- **Lunch**



- ✓ There will be a lunch served for the coaches.
- ✓ Lunches for the athletes: The cost will be \$6.00 each. Make checks for athlete's lunches payable to Rusk Athletic Boosters. There will also be a concession stand.
- **Lodging**
  - ✓ If you plan on staying in a hotel the night before the meet, there are a few hotels in Rusk and Jacksonville. However, you may have to stay in Tyler, Lufkin or Palestine. Plan on a 45 minute drive from those places.

<p><b><u>Weston Inn &amp; Suites</u></b>          1600 N. Dickinson          Rusk, TX 75785  <i>Off of Hwy 69</i></p>	<p><b>Phone:</b> 903-683-8383  <b>Fax:</b> 903-683-.8263</p>
<p><b><u>Southern Motor Inn</u></b>          300 N. Dickinson Dr.          Rusk, TX 75785  <i>Off of Hwy 69 S. in Rusk, TX</i></p>	<p><b>Phone:</b> 903-683-2688</p>
<p><b><u>La Quinta Inn &amp; Suites</u></b>          1902 S. Jackson Street          Jacksonville, TX 75766  <i>Off of Hwy 69 S. in Jacksonville, TX</i></p>	<p><b>Phone:</b> 1-903-586-6504</p>
<p><b><u>Best Western Executive Inn</u></b>          1659 S Jackson Street          Jacksonville, Texas, 75766-3027  <i>Off of Hwy 69 S. in Jacksonville, TX</i></p>	<p><b>Phone: 903-586-0007</b>  <b>Fax:</b> 903-586-0010</p>
<p><b><u>Holiday Inn Express Jacksonville</u></b>          1848 S Jackson St          Jacksonville, TX 75766  <i>Off of Hwy 69 S. in Jacksonville, TX</i></p>	<p><b>Phone:</b> (888) 897-0084</p>

- **Restaurants:**
  - ✓ [Link to Rusk Restaurants](#)
  - ✓ [Link to Jacksonville Restaurants](#)