

2019

REGION V DIV. I

CHAMPIONSHIPS



Coaches,

I hope that your season is going well and you are seeing your athletes reach the goals that they intended to meet. Attached is some important information that you need to know in preparation for the Regional and State meets.

Names : Check and make sure that all of your lifters names are correct on the website. If there are any errors or double listings due to misspellings let me know because this is how they will appear in the programs and on the lifter cards at the Regional and State meet.

Last Qualifying Date: **February 23rd, 2019**. All results from any qualifying meets, should be sent in by midnight on the 23rd. No results will be accepted after that time.

Weight Declaration- If you have any lifters who are qualified in more than one weight class, you must declare his weight class by **4:00 pm on Monday, Feb. 25th**. If you do not declare by this time, the lifter will be placed in the heavier weight class. Also, if you have any qualified lifters who are not going to compete at the Regional meet, let me know by 4:00 as well. You must contact me by email or cell phone. **If you fail to remove a lifter, you will still be responsible for the \$35.00 entry fee.** The **top 12 lifters** in each weight class qualify for the Regional meet and or if they hit the State Qualifying total of their respective weight class.

Regional Meet- Saturday, March 9th, WESLACO EAST HIGH SCHOOL - Gym

Entry Fee - \$35.00 per lifter. **Cash or checks only.** *****NO PO's WILL BE ACCEPTED*****

Make checks payable to:

WESLACO EAST POWERLIFTING

810 S. Pleasantview Dr.

Weslaco, TX 78596

No Refunds will be given so make sure your entry fees are correct.

Early Weigh In- Friday, March 8th - 5:00- 6:30 pm at WESLACO EAST HIGH SCHOOL- Gym

Weigh In- Saturday, March 9th - 6:30- 8:00 am at WESLACO EAST HIGH SCHOOL- Gym

PLEASE PARK VEHICLES IN THE EAST SIDE STUDENT PARKING LOT. SECURITY HAS BEEN INSTRUCTED TO ALLOW TEAMS TO ENTER NO EARLIER THAN 5:00 PM. WE WILL HAVE SIGNS POSTED AS TO WHERE WEIGH IN WILL TAKE PLACE.

At check in, please bring the following items.

These documents can be found on the THSPA website under the "DOCUMENTS" tab.

- **Entry Fees**
- **Drug Testing Form**
- **Eligibility Forms**
- **Meet Release Form**
- **Scholarship Application**

Judges Meeting- 8:00 am

Coaches Meeting- 8:30-8:45 am

Lifting Begins- 9:00 am

- **This will be a THREE platform meet. WE WILL FLIGHT IT. FLIGHT INFORMATION WILL BE AVAILABLE AT EARLY WEIGH INS AND ON DAY OF THE MEET.**
- **T- Shirts will be on sale at the meet.**
- **The address of the school is:
WESLACO EAST HIGH SCHOOL
810 S. PLEASANTVIEW DR.
WESLACO, TX 78596**

If you have any other questions regarding the meet or accommodations, please do not hesitate to ask. Please share this information with your lifters and parents.

Thanks,

Rene Guzman
THSPA Executive Director
Region 5, Division I
Weslaco East High School
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Cell Phone: 956-494-5543