**TEXAS HIGH SCHOOL POWERLIFTING ASSOCIATION**

**REGION 6 DIVISION 1**

**POWERLIFTING CHAMPIONSHIP**

DATE: March 7, 2015

**PLACE:**

Everman High School

1000 S. Race Street

Everman Texas 76140

FEE: $30 per lifter. Make checks out to Everman Powerlifting In the memo line put Powerlifting

**THINGS to BRING:**

1. Entry fee

2. *Eligibility list signed by your principal or superintendent*

3. Scholarship Applications

**SCHEDULE:**

Early weigh-in Friday, March 6 4:00 – 6:00 pm

Weigh-in Saturday, March 7th 6:30 – 8:00 am

Coaches’ Meeting 8:30 am

National Anthem 9:00 am

INFORMATION to BE TAKEN CARE OF AHEAD OF TIME

**DUES:** were to be postmarked by January 24. There will be a $200 fee to enter lifters at the Regional meet if Association dues were not paid on time. Check the website to confirm membership. It looks like our region is all paid up.

**TOTALS**: Check to see if your lifters totals are correct. Contact me immediately if they are not. Also, do the same with the **spelling of lifters’ names**. [emcguffin@eisd.org](mailto:emcguffin@eisd.org)

**LAST QUALIFYING DATE: February 28**. 23rd-28th is last qualifying week

II (H). During the week of the last qualifying date for regional competition (beginning on the Monday prior to the last qualifying date), an invitational meet must consist of at least 7 different schools with at least 70 total lifters. Each school at the meet will be allowed a maximum of 11 lifters towards the 70 lifter minimum. ***No TRI or Quad meets will be accepted according to rules.***

**\*\***If you plan on lifting during this week, please email me ahead of time so that there are no mistakes in the Regional standings. ***All judges at that meet must be certified***.

Make sure your Meet Director sends me the .psm file by email ***before midnight***, ***Saturday, February 28 or the results will not be posted.***

**NOTIFICATION of REGIONAL QUALIFIERS:** I will post Regional qualifiers on

www.thspa.us on Monday, March 2nd. *These may/****WILL*** *change as the week progresses due to drops or other unforeseen circumstances. It will not be final until Friday afternoon* ***so if your lifter was close on Monday then keep an eye on it throughout the week for he may qualify by the end. I have seen # 18 get in before!***

**DECLARATION of WEIGHT CLASS:** by 4:00 pm on Monday, March 2nd(earlier if possible). If you have a lifter who has qualified in more than one weight class, you must let me know which weight class he intends to compete in at the Regional meet. If I do not hear from you, he will be placed in the heavier weight class.

**QUALIFIERS:** If you have a lifter who has qualified to compete at the Regional meet and will not be able to do so, you must notify me before 4:00 pm on Monday, March 2nd. Schools who fail to do so will still be responsible for the $30 entry fee.

**ALTERNATE LIFTERS:** I would encourage you to bring your 11th – 15th place lifters. We will weigh them in early if you bring them.

**MISCELLANEOUS INFORMATION**

ADMISSION: Adults - $5.00 Students - $2.00

CONCESSIONS: Our booster club will have a concession.

Lunch will be provided for two coaches from each team. Additional Coach’s may purchase a ticket for $5.00 from me at the meet.

**T-SHIRTS:** Regional t-shirts will be available for sale. I will post on the website after I have designed them. Let me know if you are going to want XXL or XXXL ASAP!

**STATE MEET INFO:** The State Meet will be held at the Taylor County Coliseum in Abilene on March 22, 2014. Please check the THSPA website for details.

FLIGHTS PLATFORM 1 FLIGHT 1 114/123 FLIGHT 2 132/148

PLATFORM 2 FLIGHT 1 165/181

FLIGHT 2 198/220

PLATFORM 3 FLIGHT 1 242/275

FLIGHT 2 SHW

Nothing is in stone but this is pretty close to how the Regional meet will be.

Hopefully I’ve covered everything that you will need for the Regional meet. If you have any questions, please contact me.

Sincerely,

Erik McGuffin Region VI Div. 1 Director

Cell 817-703-9140

e-mail [emcguffin@eisd.org](mailto:emcguffin@eisd.org)