**TEXAS HIGH SCHOOL POWERLIFTING ASSOCIATION**

**REGION 6 DIVISION 1**

**POWERLIFTING CHAMPIONSHIP**

DATE: March 5, 2016

**PLACE:**

Everman High School

1000 S. Race Street

Everman Texas 76140

FEE: $30 per lifter. Make checks out to Everman ISD 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 4 4:00 – 6:00 pm

Weigh-in Saturday, March 5th 6:30 – 8:00 am

Coaches’ Meeting 8:30 am

National Anthem 9:00 am (Cedar Hill singing)

INFORMATION to BE TAKEN CARE OF AHEAD OF TIME

**DUES:** were to be postmarked by January 25. 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

**LAST QUALIFYING DATE: February 27**. 22nd-27th is last qualifying week

**DECLARATION of WEIGHT CLASS:** by 4:00 pm on Monday, March 1st (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 13th – 18th 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 April 2nd , 2016. Please check the THSPA website for details.

REGIONAL 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

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