**TEXAS HIGH SCHOOL POWERLIFTING ASSOCIATION**

**REGION 6 DIVISION 1**

**POWERLIFTING CHAMPIONSHIP**

**DATE:** March 2, 2019

**PLACE:**

Keller Central High School

9450 Ray White Road

Keller, TX. 76244

**THINGS to BRING:**

1. Entry fee $35 per lifter. Make checks out to Central High School Booster club In the memo line put Powerlifting

2At 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**

3. We will have a lunch available for your lifters for $7.00. This must be pre-ordered!!! It includes a brisket sandwich, chips and drink. If your interested e-mail and I will let you know who to make the check out to.

**SCHEDULE:**

Early weigh-in Friday, March 1st 4:30 – 6:30 pm

Weigh-in Saturday, March 2nd 6:30 – 7:30 am

Coaches’ Meeting 8:30 am

National Anthem 9:00 am

INFORMATION to BE TAKEN CARE OF AHEAD OF TIME

**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.

**LAST QUALIFYING DATE: February 23**. 18th-23rd 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***, the day of meet.

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

www.thspa.us on or as close to Sunday February 24th. *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, February 25th (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, February 25 (earlier if possible). Schools who fail to do so will still be responsible for the $35 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 ONE coach 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 23, 2019. Please check the THSPA website for details.

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

PLATFORM 2 FLIGHT 1 165/198

FLIGHT 2 181/220

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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