



The Region 1 Regional Meets will be on:
Division 2: Friday, March 10, 2023
Division 1: Saturday, March 11, 2023
Abilene Wylie High School Gymnasium
Abilene, Texas

Coaches,

I hope that your season is going well, and you are seeing your athletes reach the goals that they set to achieve. Below I have listed some important information that you need to know in preparation for the Regional and State meets.

Name - Y'all have already been very good about this, but check and make sure that all your lifters' names are correct on the website. If there are any errors or double listings due to misspellings let me know; this is how they will appear in the programs and on the lifter cards at the Regional and State meet.

Last Qualifying Date - Saturday, February 25, 2023. All results from any qualifying meets should be sent in by midnight on the 25th. No results will be accepted after that time. ***ALL Judges must be certified for LCQ Meets***

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, February 27th. 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, please let me know by 4:00 P.M. that day. You must contact me by email or cell phone (preferably email). 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.**

THSPA Academic All-State Team - [Nominations](#) must be submitted by noon March 3, 2023. All seniors are eligible.

Division 2 Regional Meet Information:

Early Weigh In: Thursday, March 9th, 5:00 – 6:30 pm

Friday, March 10th: Weigh Ins 2:00-3:30 pm
Coaches Meeting at 4:00 pm in the hospitality room.
Lifting begins at 4:30 pm

Division 1 Regional Meet Information:

Early Weigh In: Friday, March 10th, 7:00 - 8:30 pm

Saturday, March 11th: Weigh Ins 6:30 - 8:00 am
Coaches Meeting at 8:30 am in the hospitality room.
Lifting begins at 9:00 am

- **Bring with you the following:**
 - [Eligibility Form](#) - Signed by your Principal or Superintendent
 - [Scholarship Application](#) (Optional) For senior lifters who would like to be considered for a \$1,000 scholarship to help with college expenses.
 - Check for **\$35.00 per lifter made payable to Wylie Athletics**
****Your school becomes responsible for your lifter(s) entry fee at 4:00 p.m. Monday, February, 27th.** Please notify me on or before the deadline if your lifters can't compete or you will be responsible for their entry fee. ***No payment is necessary for alternates.***
- **Team Meals**
 - I will have team meal information ASAP
 - *Hospitality room will be provided for powerlifting coaches.

Please bring checks for both the lifters and meals on the day of weigh in.

If checks need to be mailed, please notify me and send them to:
 Abilene Wylie High School
 Attn: Powerlifting
 4502 Antilley Rd Abilene, Texas 79606

- **Admission**
 - There will be \$5 admission charged at the door for all spectators.
- **T-shirts**
 - Regional Meet shirts and other items will be available

Coaches, please let me know by Friday, March 3rd, the following information:

Number of Meals: _____

Number of Coaches: _____

Good luck the rest of this season! Please do not hesitate to call or text if you need anything.

Thanks,
 Cort Arthur
 Abilene Wylie High School
 Region 1, Division 1 & 2 Director
 (325)201-4974