

# Region 1, Divisions 3 & 4

Coaches,

The following is some important information regarding the 2023 Powerlifting season.

**Contact Information** - If you have not done so already, please send me an email with your contact info.

I will formulate a mass email list to use throughout the season to share important information.

**State Website** - [www.thspa.us](http://www.thspa.us) – has all the information you should need including the rulebook, regional standings, where you can get your free copy of Powerscore if you are hosting a meet and other important information.

**THSPA Membership Dues** - The THSPA membership form is located on the state website and all dues must be postmarked by January 24, 2023. Any school that competes in a meet must be a member in good standing in order for its team and the meet results to count towards the regional standings.

## **Important Dates:**

January 24 - THSPA Dues must be postmarked by this date (form is on the state website)

February 25 - Last qualifying date (*results on this day must be received by midnight*)

February 27 - 4:00 pm Weight declarations for lifters qualified in two weight classes

March 9 - Division 4 - Regional Meet in Sundown

March 11 - Division 3 - Regional Meet in Sundown

March 24 - Division 3 - State Meet – Taylor County Expo Center, Abilene, TX

March 25 - Division 4 - State Meet - Taylor County Expo Center, Abilene, TX

**Invitational Meets** - If you are hosting a meet you must certify the meet through me. This will just be done through email. Just because it's certified does not mean results will automatically be accepted and posted. You must make sure you follow all rules regarding the number of teams, lifters and certified judges. An invitational meet must consist of no less than three (3) different schools, having no less than five (5) competitors per school. **No dual meets are allowed.** All judges at **any** Tri/Quad meet must be T.H.S.P.A. certified. Any meet held on the last qualifying date must have all certified judges for each of the platforms. Also, if you host a meet you must use Powerscore to score the meet. It is provided free of charge and can be found on the state website.

**Regional Standings** - these will automatically update as I post meet results each week. Please check these each week and if there are errors in the spelling of your lifters names please send me an email so I can get those corrected.

**Regional Meet** - These will take place on March 9 and 11. More information will follow later.

If I can be of any assistance to you or your athletes in any way this season, please just let me know.

Barry Newton

Sundown High School

THSPA Regional Director Region 1, Divisions 3 & 4

THSPA Secretary

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