**2024 Region 2 Division 1 - REGIONAL MEET INFORMATION**

**Where**: Galbreath Gymnasium. 909, South Broadway St., Joshua Tx, 76098

**When**: March 9th (Saturday)

**Weigh-In**: Early weigh-in, Friday (March 8th) evening 5-7:30 p.m.

 AM Late weigh-in, Saturday (March 9th) 6:00-7:30 a.m. (Possible Adjust Time)

**Meet**: Judges meeting, 8:00

 Coaches meeting, 8:30

 National Anthem, 8:58

 Lifting Begins at 9:00

**Platform Breakdown**:

* Platform 1 Flight 1-114, Flight 2-123, Flight 3-132
* Platform 2 Flight 1-148, Flight 2-165, Flight 3-181
* Platform 3 Flight 1-198, Flight 2-220, Flight 3-242
* Platform 4 Flight 1-275, Flight 2-308, Flight 3-SHW

**How the Meet Operates:** To Be Determined

**Entry Fee**: $35.00 per lifter, bring check with you. If you do not have a check, then your lifter will not be allowed to compete.DO NOT MAIL YOUR CHECKS, PLEASE!

 Checks should be made to: **Joshua Powerlifting**

**Meal Deal for lifters**: We will have a concession stand for lifters. We are working on the possibility of offering a meal deal.

**Weight Declarations**: Weight declarations for lifters in multiple weight classes must be made by Monday, Feb. 26th by 4:00 PM. If you do not make declaration by this time, any lifter in question will be placed in the heavier weight class.

**Lifter removal:** If your lifter drops out of being able to compete at Regionals, then it is the coach’s responsibility to contact the Regional Director and make them aware of the situation. After that lifter has been scratched form the rankings then the rankings will be reshuffled and lifters contacted. This is only fair and the right thing to do.

**Alternates**: If you know you will have a lifter not competing, please let me know as soon as possible. Please check the website daily for changes. Plan on bringing alternates. You never know! If you bring Alternates, make sure you have them on a separate check, I will not be making change at our table for alternates.

**THSPA Forms**: (Must Bring with You)

1. Eligibility Form
2. Release Form

Both can be found in the “Documents” section of the THSPA website.

**Scholarship Applications**: Please turn in at registration.

**Last Chance Qualifying Meets**: All results must be in by midnight Feb. 24th. If your meet is submitted after this time then your meet will not be updated. I will post all the meets Sunday Feb 25th.

**Spectators**: We are a cashless school, I will provide a Link for Tickets as soon as its available.

**Wrappers**: Each School will be limited to how many Wrappers and Spotters they can bring. Total of no more than 1 wrapper per lifter but not exceeding 5 wrappers. For Example; School has 1 lifter, then that school will bring and 1 wrapper. School brings 15 lifters then that school brings 5 wrappers

**Coaches**:

Only School Employed coaches are allowed to be in the competition area. Any non-School coaches will be asked to leave the Competition Area. It will be like this at State, so we will do it like this at Regionals.

If I can help in any way, here is contact information:

Jason Payne

Cell: 254-978-0754

Email: paynej@joshuaisd.org