

## THSPA Region 2 Division 3/4

Coaches,

I would like to welcome you to the start of the 2023 powerlifting season. Enclosed, you will find some important information for the upcoming powerlifting season.

### **Membership Dues**

Amount- \$75- Made out to THSPA

Deadline- Must be postmarked January 23, 2023

Late Dues- \$200 if not postmarked by January 23, 2023. If not paid, lifters will not be able to compete at the Regional Meet.

Mail forms and checks to-

**T.H.S.P.A**  
**Box 1072**  
**Crowley, TX 76036**

### **Invitational Meets**

If you are hosting a meet, you must get me the results by 4:00 pm on the Monday following the meet. The meet **must be** certified through me for results to count for Regional standings. This will be done through the website. There is a meet registration link for you to input all of your meet information on the THSPA website. You must use Powerscore to score your meet. It is provided free of charge through the THSPA website.

### **Dates**

**January 23-** THSPA dues must be postmarked

**February 25-** Last Qualifying Date

**February 27-** Weight declarations for double qualified lifters- by 4:00 pm

**March 11-** Saturday-Regional Meet- West High School—West, Texas

**March 24-25-** State Meet- Taylor County Expo Center, Abilene, TX

### **Regional Standings**

All regional standings will be available through the web site as well. If you are planning on hosting a meet, please remember that I must certify that meet prior to you holding the meet as well as the results of that meet for the standings to reflect the results of your meet. Meet results from schools that have not paid membership dues by the deadline may be withheld or dropped and all standings for the region will be affected.

### **Rulebooks**

Rulebooks can be found on the THSPA website. [www.thspa.us](http://www.thspa.us)

I will send out more info on the Regional Meet in the near future. Good luck this season. If you have any questions, comments, or concerns, please do not hesitate to contact me.

Sincerely,

**Steve Harralson**  
**West High School**  
**Region 2, Division 3/4**  
**Cell #: 2544-744-0954**  
**E-mail: [Sharralson@westisd.net](mailto:Sharralson@westisd.net)**