

# Lifting

The Region 3 Division 2&3 Regional Meet will be on

# Friday, March 8th, 2024 at Arp High School, Arp TX

* + Begins at 8:30 AM in the Gym (Map attached)

# Platforms

* + There will be 6 platforms, and 2 flights.

|  |  |  |
| --- | --- | --- |
| Div 3 Platform 1 Platform 2 Platform 3 | | |
| **114,123** | **165,181** | **242,275** |
| **132,148** | **198,220** | **308,SHW** |
|  | | |
| Div 2 Platform 4 Platform 5 Platform 6 | | |
| **114,123** | **165,181** | **242,275** |
| **132,148** | **198,220** | **308,SHW** |

# Bring with you:

* + [Eligibility Form](http://www.thspa.us/Documents/Eligibility.pdf) - Signed by your Principal or Superintendent
  + [Scholarship Application](http://www.thspa.us/Documents/Scholarship.pdf) (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** payable to: **Arp ISD Athletics**\*

***\*Your school becomes responsible for your lifter(s) entry fee at 4:00 p.m., Monday Febuary 29th.*** *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.***

# Alternates

* + If you have lifters ranked in the top 20, bring them with you as there may be no-shows or lifters who do not make weight.

# Weigh In

* + Thursday, March 7th - early weigh in: 5:00 to 6:30 P.M. (Middle School Gym)
  + Friday, March 8th - weigh in: 6:00 A.M. to 7:30 AM.

# Coaches / Judges Meeting

* + 8:15

# Admission

* + $5.00 (cash only)

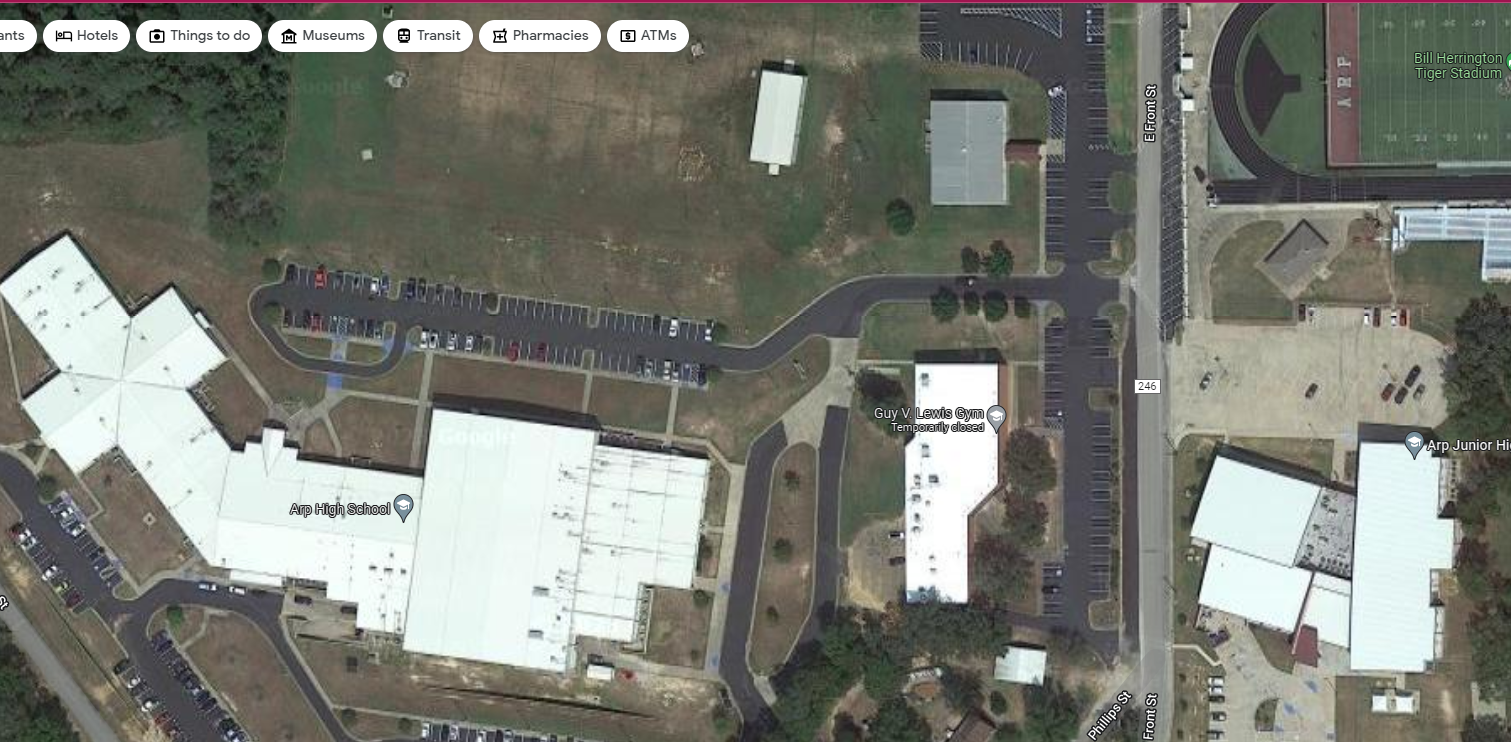
# T-shirts

* + Will be available

# Supper

* + There will be a lunch served for the coaches.
  + Meals for the athletes: **Please notify me by e-mail at**[wess@arpisd.org](mailto:%20wess@arpisd.org%20) **how many meals you will need.**The cost will be **$8.00 each**. Make checks for athlete’s

meals payable to Arp Athletic Booster Club:**. Please do not combine Entry/Meal check.**



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Gym Entrance

High School Gym

Early Weigh –In Thursday

Jr High Gym

Bus/Van Parking