

Region IV Division 2,3, & 4 Regional Powerlifting Letter

I would like to welcome you to the 2023 Powerlifting season. Enclosed, you will find several items that may be of interest to you:

Knee Wrap Squat Suits ARE NOT approved for THSPA Events.

E-Mail List – After you read this letter, make sure that you have gone to the link below to enter your contact information. Also, if you are no longer the powerlifting coach at your school or you know of new powerlifting coaches in our area, make sure to forward this letter to them.

<https://forms.gle/tMWvXKdNW7GaZGkX8>

Regional Standings – The standings for our region will automatically be updated on our website (www.thspa.us) each week as I certify meets and upload them. Please make sure that your lifters names are spelled correctly at each meet you attend. This will really help with keeping the standings as accurate as possible.

Invitational Meets – If you are hosting a meet, you MUST go to www.thspa.us/meetregistration.aspx and input the meet. Meets will no longer be certified and judges for your meet do not need to be entered.

**** Results for this year will only be accepted in form of a Powerscore document.**** Powerscore is a free download off of our website and directions on how to export the meet are in the final pages of this document.

The last qualifying date for regional competition is on February 25th, 2023.

If you have a lifter that is qualified in two different weight classes, you must declare which class they will lift in by **February 27th at 4:00PM**. This is a very strict deadline. If you do not declare by the deadline, your lifter will automatically be entered into the heavier weight class for the regional meet.

Rules and By-Laws Book – The entire book is posted on the THSPA website. I would advise you to print a copy of the book and carry it with you to meets.

Dues – If you have not paid your dues, you need to do so as soon as possible. Make your \$75.00 check payable to: THSPA, and send it to P.O. Box 1072, Crowley, Texas 76036 – **Postmarked by January 24th.**

Please get your dues paid as soon as possible. Any school that does not have their dues postmarked by January 24th, 2023 and still wishes to compete in the regional meet will have to pay a \$200.00 fine plus their \$75.00 dues before their lifters may compete. Please get your dues paid on time.

Regional Meet – The Region IV Division II, III and IV meet will be held at West Hardin High School on March 9th, 10th, 11th. Division 2 will lift on March 9th, Division 3 will lift on March 10th, Division 4 will lift on March 11th. The entry fee will be **\$35.00** per lifter. The Top 12 lifters will qualify for the regional meet this year. More information concerning the regional meet will be sent out at a later date.

Varsity and JV Totals – All totals from invitational meets will count toward the Regional Standings. This means that your lifters can lift Varsity or JV and still qualify for the Regional Meet.

If you have any questions, problems or I have left something off, please let me know so I can try to help you. Feel free to call me at any of the numbers listed below.

George Taylor III
Reg. IV Div. 2,3 & 4 Director
West Hardin High School
39227 Hwy 105
Saratoga, Texas 77585

Cell – (979) 255-0883
E-Mail: gtaylor@westhardin.org
Website: www.thspa.us

***** All results MUST be sent to me via Powerscore!!*****

Powerscore is a free download from the THSPA website (www.thspa.us) . If you host a meet, you must use Powerscore to score the meet. Then you must export the meet and send it to me as an attachment. I have included directions to do this:

How to Export Results and Forward to Regional Director from PowerScore (6 steps)

1) After your meet is completed and you have verified all of the results are correct, go to the registration page of PowerScore. Make sure you meet is highlighted (in this tutorial, I will use Region IV Division III Championships)

The screenshot shows the PowerScore 6.0 software interface. The title bar reads "PowerScore 6.0 [PowerScore.psd] Region IV Division III Championships - THSPA Boys". The menu bar includes "Registration", "Competition", "Standings", "Best Lifters", "Best Lifts", "Summary", "Detail", and "Tools". The "Meets" section is active, displaying a table of meets. The "Region IV Division III Championships" meet is highlighted with a blue oval. The "Divisions" section on the right shows "THSPA Boys" selected. The "Teams" section on the left lists various teams, and the "Lifters" section on the right displays a list of lifters with their names, teams, BWT, weight class, Schwartz score, lifter status, and team status.

Date	Name	Location
3/3/2002	THSPA Region I Division II Championships	South Plains College, Levelland
1/15/2009	Anahuac Meet	Anahuac High School
1/22/2009	LCM (import 2)	LCM
2/2/2009	Anahuac 8th & 9th Grade Meet	Anahuac High School
2/5/2009	Liberty	Liberty HS
2/12/2009	Barbells by the Bay	Anahuac, Texas
3/11/2009	Region IV Division III Championships	Anahuac, Texas

Lifter No.	Lifter	Team	BWT	Weight Class	Schwartz	Lifter Status	Team Status
1	Jacinto, Michael	Louise	112.45	114	0.9779		
2	Rocha, Marcus	El Maton	111.60	114	0.9884		
3	Vega, David	Danbury	110.20	114	0.9991		
4	Conner, Cody	Evadale	114.45	114	0.9578		
5	Lara-Cortez, Victor	Corrigan-Camden	112.55	114	0.9779		
6	Rosalez, Ross	Ganado	108.00	114	1.0448		
7	Lambright, Vance	Woodville	111.05	114	0.9884		
8	Johnston, Daniel	East Bernard	112.45	114	0.9779		
9	Kirkendall, Colt	Evadale	111.50	114	0.9884		
10	Guillen, Antonio	Kountze	109.10	114	1.0101		
11	Sartin, Cody	Danbury	121.90	123	0.8946		
12	Whigham, Thad	Woodville	123.00	123	0.8783		
13	Netro, Lorenzo	Winnie East	122.95	123	0.8863		
14	Chalambaga, Delis	Deweyville	120.05	123	0.9029		
15	Netro, German	Winnie East	121.10	123	0.8918		

2) On the toolbar above the listed meets, click on Export Meet.

PowerScore 6.0 [PowerScore.psd] Region IV Division III Championships - THSPA Boys

Copyright 1998-2007 by Sandhill Software

Registration | Competition | Standings | Best Lifters | Best Lifts | Summary | Detail | Tools

Meets: New... Edit... Delete... Export Meet... Import Meet...

Date	Name	Location
3/3/2002	THSPA Region I Division II Championships	South Plains College, Levell...
1/15/2009	Anahuac Meet	Anahuac High School
1/22/2009	LCM (import 2)	LCM
2/2/2009	Anahuac 8th & 9th Grade Meet	Anahuac High School
2/5/2009	Liberty	Liberty HS
2/12/2009	Barbells by the Bay	Anahuac, Texas
3/7/2009	Region IV Division III Championships	Anahuac, Texas

Divisions: New... Edit... Delete... Print Registration Report

Division: THSPA Boys

Teams: New... Edit... Delete...

20 teams

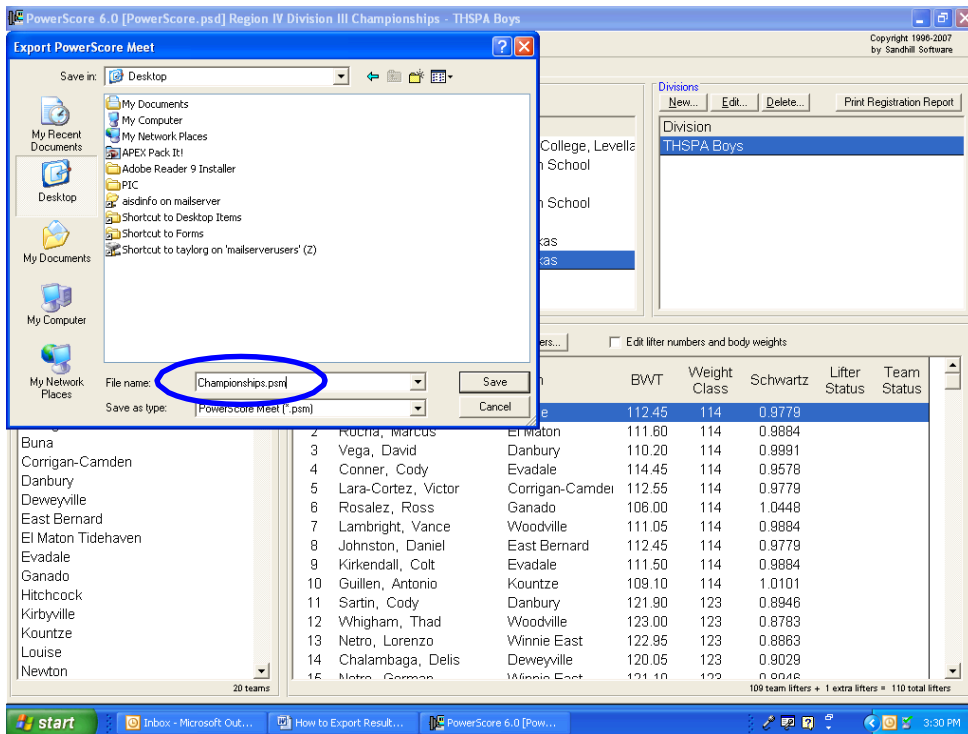
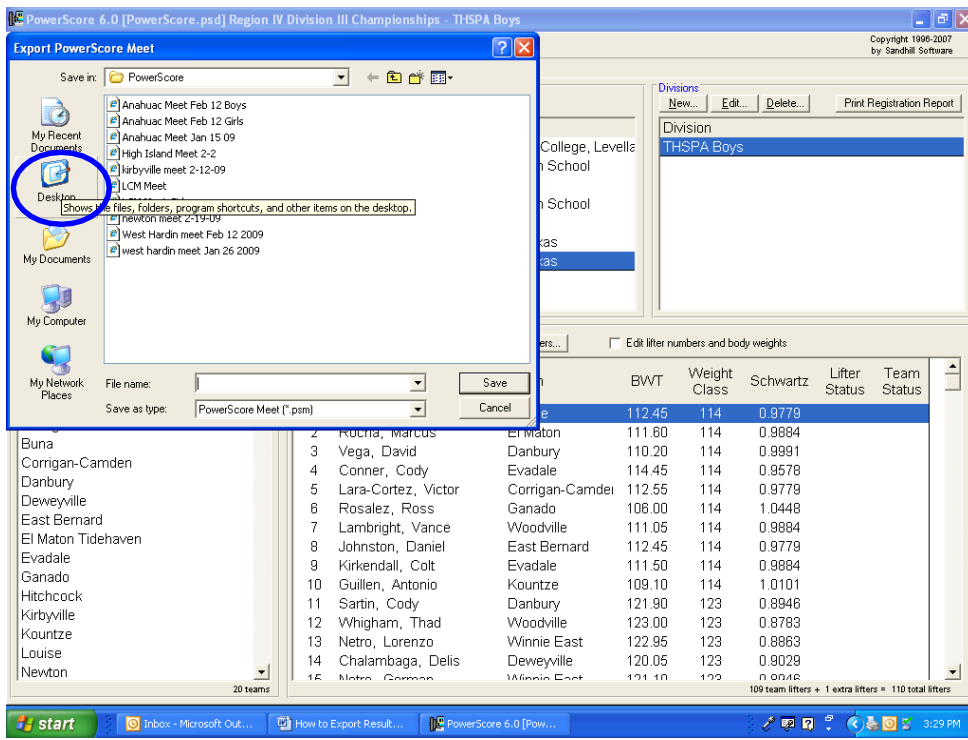
Lifters: New... Edit... Delete... Import Lifters... Edit lifter numbers and body weights

Lifter No.	Lifter	Team	BWT	Weight Class	Schwartz	Lifter Status	Team Status
1	Jacinto, Michael	Louise	112.45	114	0.9779		
2	Rocha, Marcus	El Maton	111.80	114	0.9884		
3	Vega, David	Danbury	110.20	114	0.9991		
4	Conner, Cody	Evadale	114.45	114	0.9578		
5	Lara-Cortez, Victor	Corrigan-Camde...	112.55	114	0.9779		
6	Rosalez, Ross	Ganado	106.00	114	1.0448		
7	Lambright, Vance	Woodville	111.05	114	0.9884		
8	Johnston, Daniel	East Bernard	112.45	114	0.9779		
9	Kirkendall, Colt	Evadale	111.50	114	0.9884		
10	Guillen, Antonio	Kountze	109.10	114	1.0101		
11	Sartin, Cody	Danbury	121.90	123	0.8946		
12	Whigham, Thad	Woodville	123.00	123	0.8783		
13	Netro, Lorenzo	Winnie East	122.95	123	0.8863		
14	Chalambaga, Delis	Deweyville	120.05	123	0.9029		
15	Netro, German	Winnie East	121.10	123	0.8946		

109 team lifters + 1 extra lifters = 110 total lifters

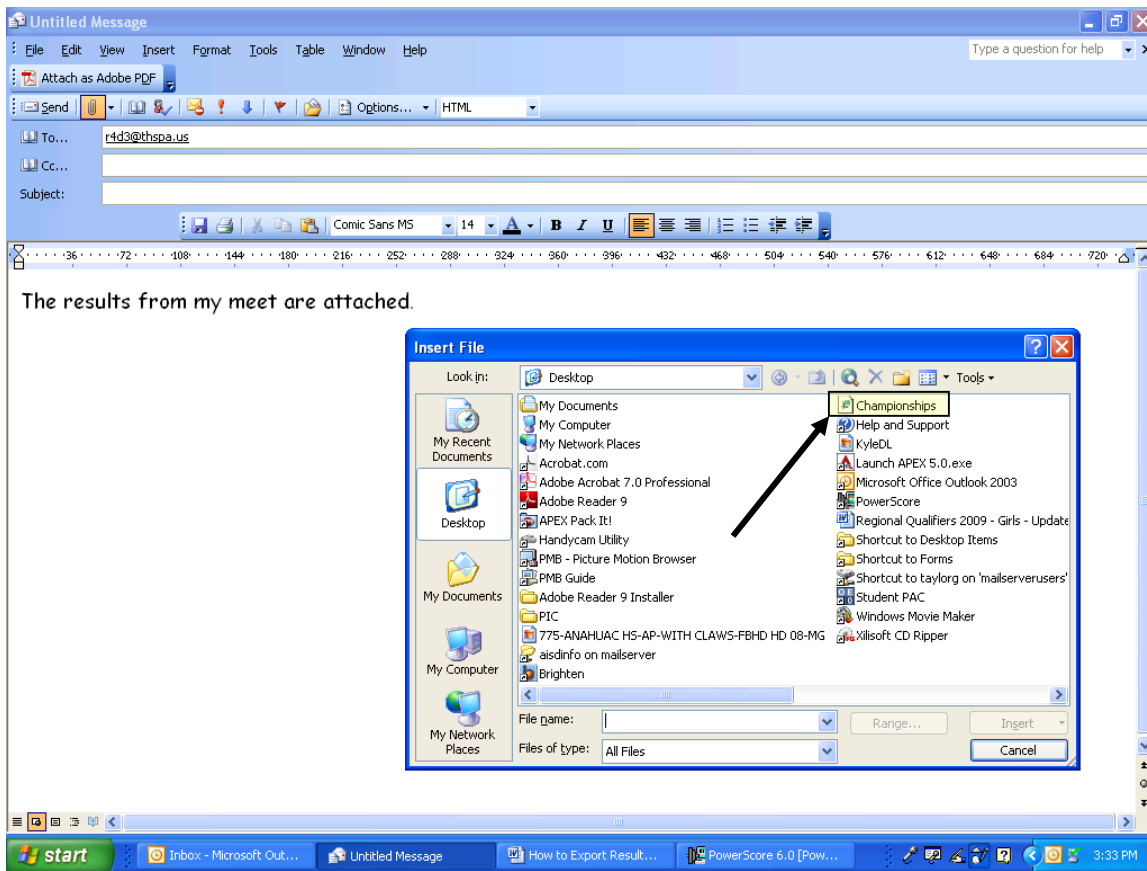
start | Inbox - Microsoft Out... | How to Export Result... | PowerScore 6.0 [Pow... | 3:25 PM

3) When you click Export Meet, a window will open in which you will decide where to save the file. In this tutorial, I am going to save it to my desktop as Championships.psm – then I will click Save.



4) You should now be able to go to your desktop and see the file. This is what you will attach in your email to your regional director.

5) Go to your email provider and format a new email to your regional director. Attach the results that you just saved to your desktop.



6) Be sure the results are attached and press send. Your regional director should send a short response letting you know that he receive them. You should also be able to see them on the website shortly.

