

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

I would like to welcome you to the 2024 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/pa3dmDLNRdjAAp8Y6>

**Regional Standings** – The standings for our region will automatically be updated on our website ([www.thspa.us](http://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](http://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 24<sup>th</sup>, 2024.**

If you have a lifter that is qualified in two different weight classes, you must declare which class they will lift in by **February 26<sup>th</sup> 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 24<sup>th</sup>.**

**Please get your dues paid as soon as possible. Any school that does not have their dues postmarked by January 24<sup>th</sup>, 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 Colmesneil High School on March 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>. Division 2 will lift on March 7<sup>th</sup>, Division 3 will lift on March 8<sup>th</sup>, Division 4 will lift on March 9<sup>th</sup>. 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.

**State Meet** – The State Meet will be held at Taylor County Expo Center in Abilene on March 22<sup>nd</sup> and 23<sup>rd</sup>. Division 2 & 3 lift on March 22<sup>nd</sup>, and Divisions 1 & 4 lift on March 23<sup>rd</sup>.

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**  
**Colmesneil High School**  
**610 West Elder St**  
**Colmesneil, Texas 75983**

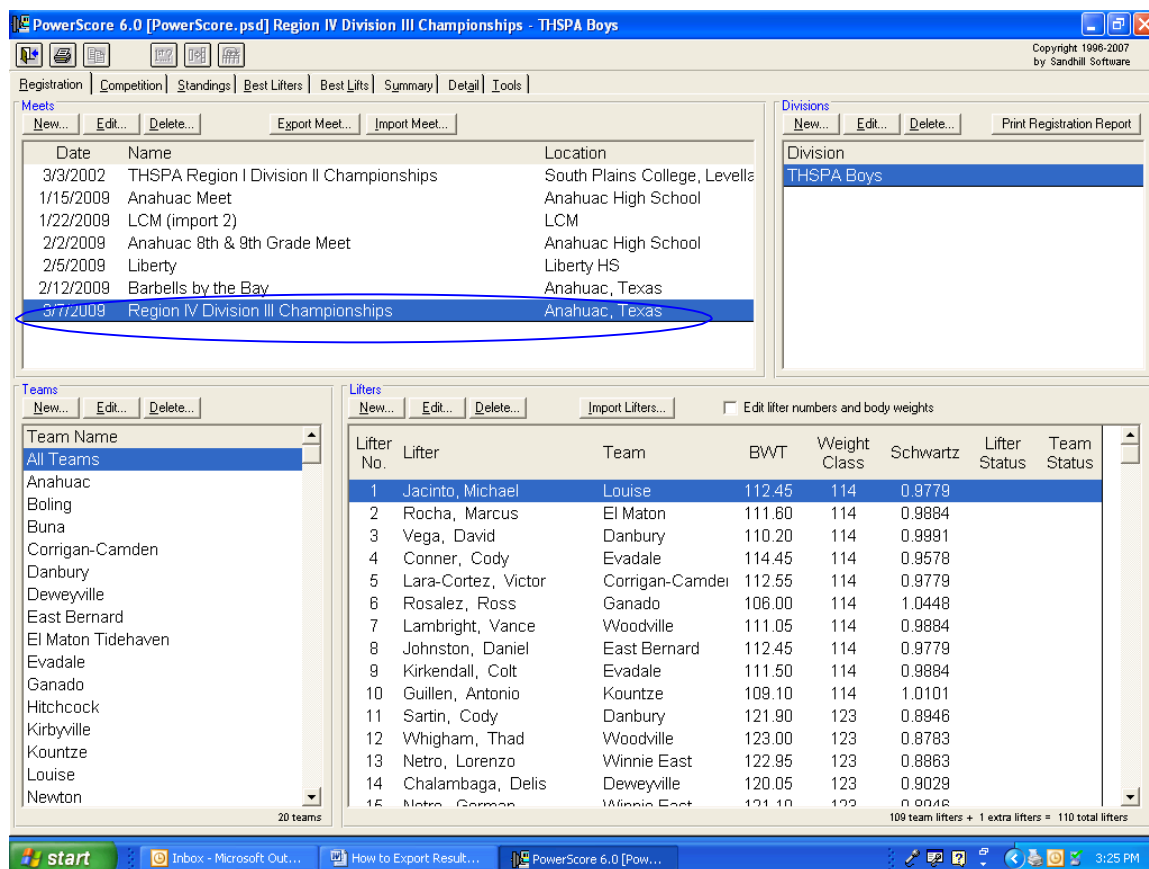
Cell – (979) 255-0883  
E-Mail: [george.taylor@colmesneilisd.net](mailto:george.taylor@colmesneilisd.net)  
Website: [www.thspa.us](http://www.thspa.us)

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

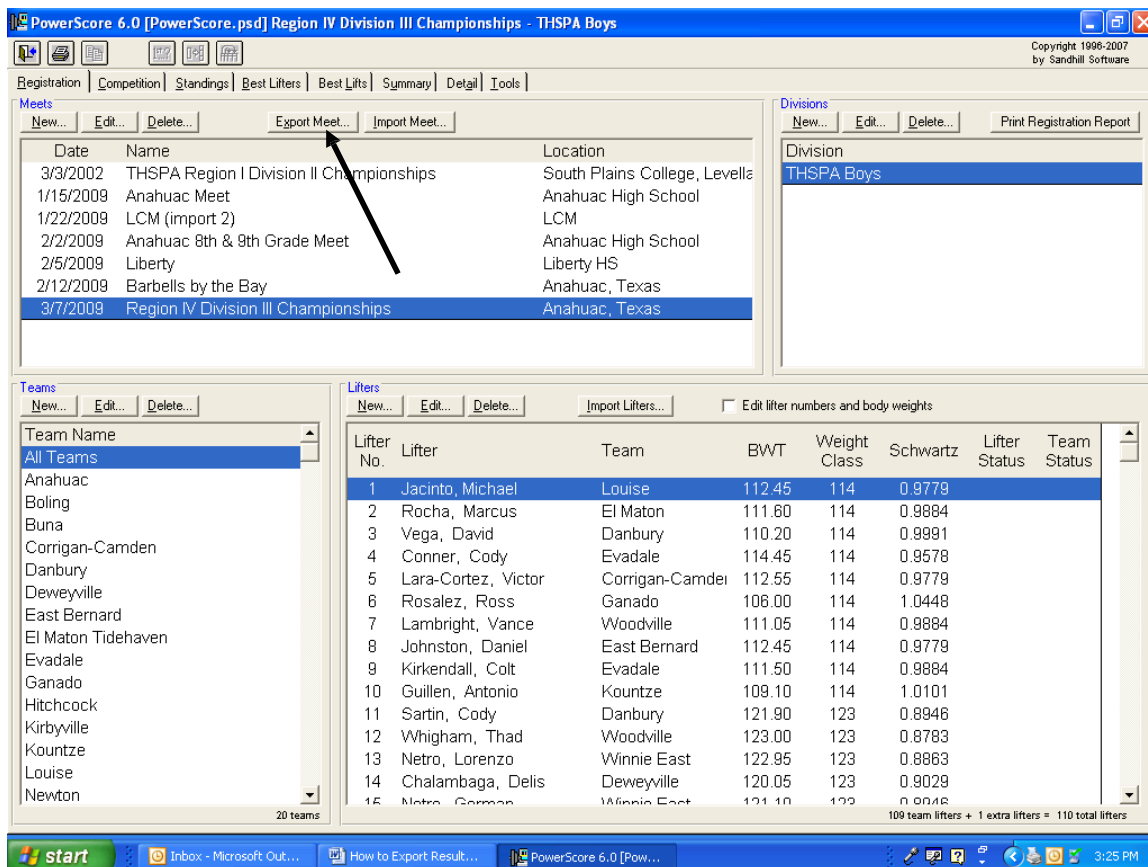
Powerscore is a free download from the THSPA website ([www.thspa.us](http://www.thspa.us)) . If you host a meet, you must use Powerscore to score the meet. Then you must export the meet and send it to me as an attachment. I have included directions to do this:

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

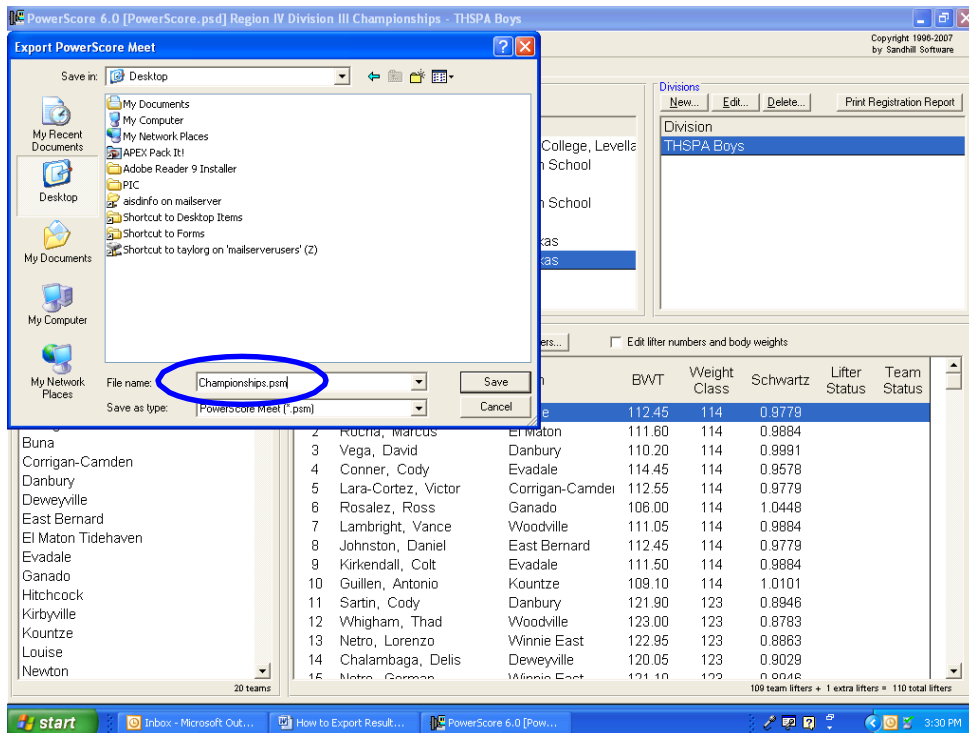
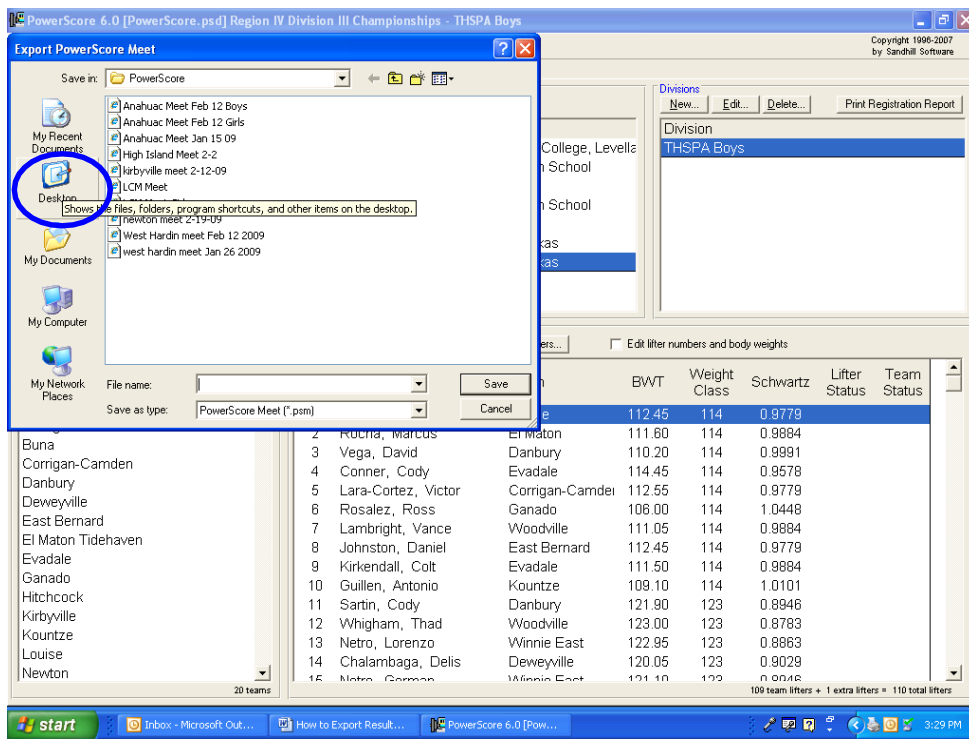
**1) After your meet is completed and you have verified all of the results are correct, go to the registration page of PowerScore. Make sure you meet is highlighted (in this tutorial, I will use Region IV Division III Championships)**



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

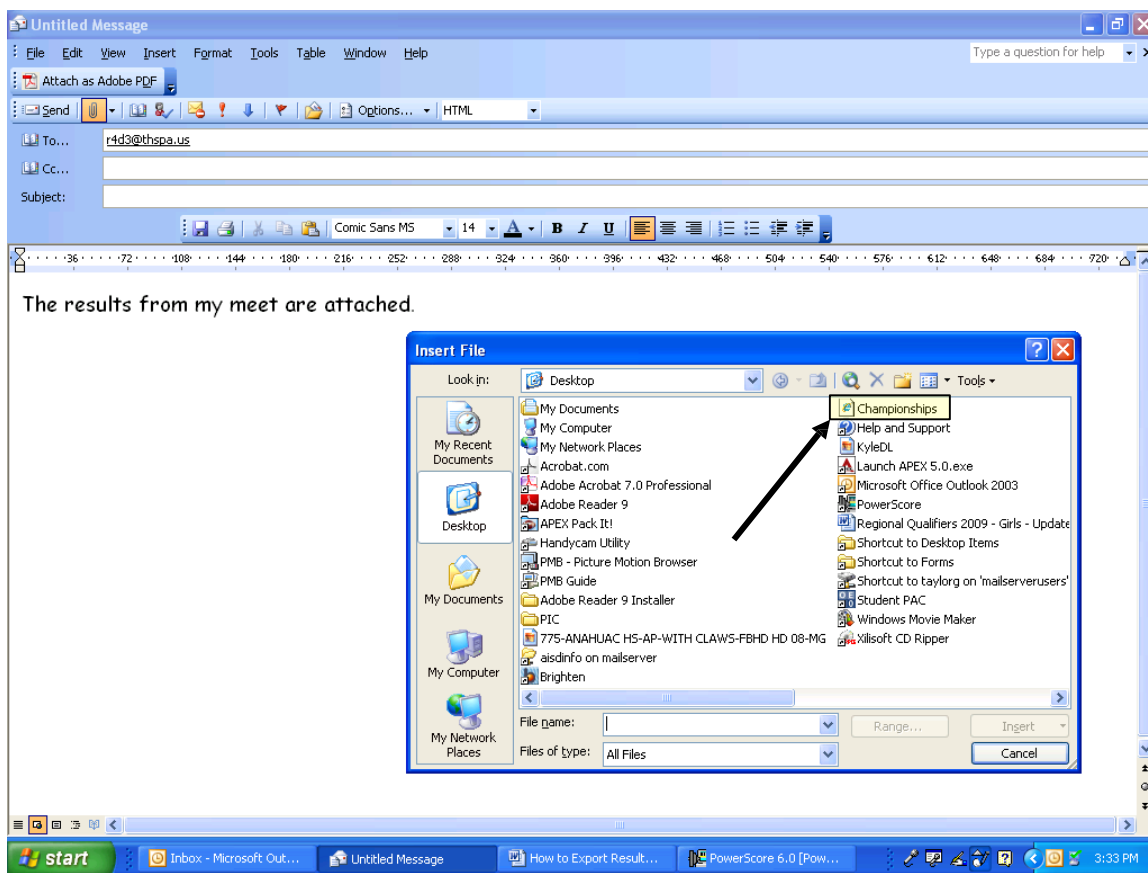


**3) When you click Export Meet, a window will open in which you will decide where to save the file. In this tutorial, I am going to save it to my desktop as Championships.psm – then I will click Save.**



**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.**

