

2022 THSPA Region V Division II, III, IV Powerlifting Championships

The 2022 Region V Division II, III, & IV Championships will be held FRIDAY March 11th and Saturday March 12th at Bishop High School (101 Badger Lane – Actual High School Gym)

DIVISION 2 and 4 (1a, 2a, and 4a) WILL LIFT ON FRIDAY MARCH 11

DIVISION 3 (3A) WILL LIFT SATURDAY, MARCH 12.

We will run it with one flight going on 5 platforms.

Regional Meet Reminders:

1. Any school that did not pay their dues by Jan 24 (deadline) will have to pay an extra \$200 fine or their lifters will not be able to participate in the regional meet if they have made it.
2. If a qualifying lifter of your team is unable to compete, please verify me ASAP so that way I can make the proper adjustments. Coaches, we will be lifting top 12 lifters of each weight class this year. Any alternates after the 12th spot are encouraged to come but a different check will need to be made out for them if they lift, due to the fact that there will be **NO REFUNDS** if the first check is made out for over the amount. No change will be available. Monday, FEB 28 (4pm) will be the day you must declare the weight class your lifter will compete in if he has qualified in more than 1 weight class. Please email me your declarations to lperez1@bishopcisd.net. You are responsible for all entry fees of your lifters, whether they compete or not, by the date provided above. Make sure all your lifters' totals are correct. If any mistakes are found, please advise me ASAP.
3. Checklist:
 - Entry Fees - \$40 per lifter
 - Make checks to "Bishop Powerlifting"



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- Eligibility Form (principal or superintendent signature needed)
- Drug Affidavit
- Regional and State Release

These forms can all be found on the THSPA website.

4. All lifters must compete in proper uniform. For any questions, please see rulebook.
5. Concession stands and Regional T-shirts will be available for purchase.

6. NO ICE CHESTS OR FOOD WILL BE ALLOWED IN THE BUILDING.

7. **DIVISION 2 (4a) and 4 (1a/2a)** early weigh-ins will be on Thursday March 10 from 4:30pm – 6:00pm @ Bishop HS. Day of weigh-ins will be Friday March 11 from 6am-715am.

DIVISION 3 (3a) early weigh ins will be on Friday March 11 from 430pm-6pm.

Day of weigh ins will be Saturday March 12 from 6am to 7:15am.

8. Covid Protocol – In efforts to continue with our 100% open rule, we humbly ask everyone to help us MASK UP. It is highly encouraged to help us continue on with our season. Thank you.
9. If any schools have some extra help that they could bring, please let me know. We will provide them with a t shirt and feed them for the meet.

Schedule of Events: Friday March 11 and Saturday March 12

6:00-7:15 – Weigh-Ins

7:30-8:00 – Coaches Meeting/Judges Meeting

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8:00-8:15 – Opening Ceremonies

8:30am – Squat Competition

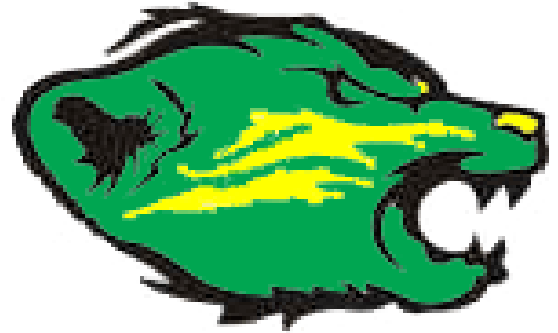
11:30 – 1:00 – Bench Press

12:00-1:30 – lunch served

1:15 – 3:00 - Dead Lift Competition

3:00 – 3:30 – Clear Gym Floor and Print Results

3:30 - - Awards Ceremony



**Weight declarations are due MONDAY, FEB. 28, no later than
4PM.**

Check the groupme and website periodically for any changes or updates. Everything is usually there for everyone to read. All finalizations will be finalized 24-48 hrs after declarations. Remember, you are financially responsible for fees up to the Monday of lifting week.

I want to thank everyone again and for any questions, comments, concerns please feel free to email at lperez1@bishopcisid.net or text me @ 361-522-7656.

Lazaro Perez

R5 D2/D3/D4 Director