

2023 THSPA Region V Division II, III, IV Powerlifting Championships

The 2023 Region V Division II, III, & IV Championships will be held FRIDAY, March 10th at the JK NORTHWAY COLISEUM in KINGSVILLE, TX. It is located in Dick Kleberg Park at 501 E Escondido Rd, Kingsville, TX 78363

Regional Meet Reminders:

1. Any school that did not pay their dues by the 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 cannot compete, please verify me ASAP so 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 27 (4 pm) 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 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"
- Eligibility Form (principal or superintendent signature needed)
- Drug Affidavit
- Regional/State Release and KLEBERG COUNTY/BHS Release Form

These forms can all be found on the THSPA website. Those advancing to the state meet will not be required to provide the paperwork again.

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4. All lifters must compete in proper uniform. For any questions, please see the rulebook.

5. Concession stands and Regional T-shirts will be available for purchase.

6. **NO ICE CHESTS OR FOOD WILL BE ALLOWED IN THE COLISEUM. Please be considerate of this rule. Clear bag policy is in effect at this venue.**

7. **ALL weigh-ins will be on Thursday March 9 starting at 3pm @ the JK NORTHWAY COLISEUM. Day of weigh-ins will be Friday March 10 from 6am-715am.**

8. 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.

9. Wrapper bands will be \$10 each.

1-3 lifters – 1 band allowed,

4-7 lifters – 2 bands,

8-12 lifters – 3 wrappers

10. **All vehicles will be required to purchase a parking pass for \$5. This can only be paid in cash at the gate entrance.**

11. We will be running 12 platforms, 4 per division. Depending on the number of lifters after the cutoff, we will make a more sound decision about whether we will be running through or flighting the meet.

12. **Ticketing – ALL tickets will be sold online on our school website through HOMETOWN TICKETING. All tickets will be \$10 ... Tickets will go on sale the week of regionals.**

<https://www.bishopcisid.net/site/Default.aspx?PageID=2081>

Schedule of Events: Friday, March 10

6:00-7:15 – Weigh-Ins

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

8:00-8:15 – Opening Ceremonies

8:30am – Squat Competition

11:30 – 1:00 – Bench Press

12:00-1:00– 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. 27, 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@bishopcisd.net or text me @ 361-522-7656.

Lazaro Perez

R5 D2/D3/D4 Director