

THSPA Region VI Division 3 Powerlifting Championships

Date: Friday March 11, 2022

Place: Decatur High School Indoor
750 E Eagle Summit Dr.
Decatur, TX 76234

Fee: \$35.00 per lifter. MAKE CHECKS PAYABLE TO Decatur Powerlifting

Who Qualifies: Top 12 lifters per weight class.

Items needed at weigh-ins

1. Entry Fee
2. Eligibility list signed by principal or superintendent
3. Regional and State Release
4. Scholarship applications, if you have any

ALL PAPERWORK MUST BE REDONE IF LIFTERS QUALIFY FOR STATE

Last Qualifying Date: Saturday, February 26th (Results must be submitted by midnight on the 26th)

Declaration of weight class: Monday, February 28th at 4 PM. Lifters with the top **twelve** qualifying totals as well as alternates must declare by this time or they will be assigned to the heavier weight class. Coaches become responsible for their lifter(s) entry fee at this time. Let me know ASAP if you have a qualified lifter that can't compete.

Alternate Lifters: Coaches are encouraged to bring lifters in the top 15 to the regional meet in case there are no-shows or lifters who don't make weight.

No Shows: Your school will be billed for athletes who qualify for the meet and do not compete. I need to know by weight declaration if a lifter will not be lifting.

Admission: \$5.00 (Children under 5 are free)

Concessions: There will be a concession stand available the day of the meet.

Meal deals will be available by PRE ORDER ONLY (By Wednesday March 9th) they will be \$7.50 and include a Chick-Fil-A Sandwich, chips and a drink. You will need to coordinate with Will Lewis: wlewis@jameswood.com or 940-367-8005

T-Shirts: T-shirts will be available the day of the meet.

Hospitality Room: Each school will be limited to 2 coaches.

There will be limited bleachers available so spectators are encouraged to bring a chair

Meet Schedule

March 10th

Early Weigh In: 5:00 PM - 7:00 PM

March 11th

Weigh In: 6:00 AM - 8:00 AM

Judges Meeting: 8:15 AM

Coaches Meeting: 8:30 AM

National Anthem: 8:55 AM

Bars Loaded: 9:00 AM

Platforms	1	2	3	4
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Flight 1	132	148	198	275
Flight 2	123	165	220	308
Flight 3	114	181	242	SHW

Hopefully I have covered everything that you will need. If you have any questions please do not hesitate to contact me.

Cody Patterson

Cell - 817-526-0310 Call or Text

cody.patterson@wwisd.com or r6d2@thspa.us