**TEXAS HIGH SCHOOL POWERLIFTING ASSOCIATION**

**REGION 6 DIVISION 4**

**POWERLIFTING CHAMPIONSHIP**

**REMEMBER:** Top **12** in each weight class qualify for Regionals!

**DATE:** Friday March 10, 2023

**PLACE:** Alvord High School

 1049 West Bypass Highway 287

 Alvord, Texas 76225

**THINGS to BRING:**

1. **Entry fee $35 per lifter**. Make checks out to **Alvord ISD Athletics (powerlifting)**

2.At check in, please bring the following items.

 These documents can be found on the ***THSPA website*** under the ***“DOCUMENTS”*** tab.

* **Entry Fees**
* **Drug Testing Form**
* **Eligibility Form** signed by Principal or Superintendent
* **Regional & State Meet Release Form**
* **Scholarship Application**, if applicable

3. We will have a lunch meal deal available for your lifters for $7.00. It includes 2 slices of pizza or 2 hotdogs, chips, candy, and drink. This must be pre-ordered!!! Please email Justin Stovall @ (**Justin55.stovall@yahoo.com**) or call **(214) 608 – 0226** for purchases. Make ***SEPARATE*** checks out to **Alvord Athletic Booster Club** for meals (please note, this is different from your entry fees) Coaches, you will pick up meal deal tickets and drop off meal checks at the concession stand on the day of the meet

**REGIONAL MEET SCHEDULE:**

Early weigh-in Thursday, March 9th 5:00 pm – 6:30 pm

Weigh-in Friday, March 10th 6:30 am – 8:00 am

Judges Meeting In Hospitality Room 8:15 am

Coaches’ Meeting In Hospitality Room 8:30 am

National Anthem / Bars Loaded 9:00 am

**INFORMATION TO BE TAKEN CARE OF AHEAD OF TIME**

**TOTALS**: Check to see if your lifters totals are correct. Contact me immediately if they are not. Also, do the same with the **spelling** of lifters’ names so program will be correct.

**LAST QUALIFYING DATE: February 25th**.

**\*\***If you plan on lifting during this week, please email me ahead of time so that there are no mistakes in the Regional standings. ***All judges at that meet must be certified***. Make sure your Meet Director sends me the .psm file by email ***before midnight*, February 25th. No results will be accepted after this time!**

**NOTIFICATION of REGIONAL QUALIFIERS:** My goal is to have all Regional qualifiers posted on www.thspa.us by 8:00 pm, Sunday February 26th if possible. *Therefore, I will be calling/texting coaches on Sunday around 2:00 pm. There will be some changes due to the deadline of weight class declaration and from my calling/texting. Please be aware that your lifters will move up. I will send out an email with a list of qualifiers Monday evening.*

**DECLARATION of WEIGHT CLASS:** by ***3:00 pm on Monday February 27th***, (earlier if possible). If you have a lifter who has qualified in more than one weight class, you must let me know which weight class he intends to compete in at the Regional meet. If I do not hear from you, he will be placed in the heavier weight class.

**QUALIFIERS / NO SHOWS:** If you have a lifter who has qualified to compete at the Regional meet and will not be able to do so, you must notify me before 3:00 pm on Monday, February 27th (earlier if possible). Please be aware of your 13th – 17th place lifters as they move up the rankings. Schools who fail to do so will still be responsible for the $35 entry fee.

**ALTERNATE LIFTERS:** I would encourage you to bring your 13th – 17th place lifters, as some lifters do not make weight. Don’t forget to list them on your eligibility form and bring separate entry fees for them, I cannot make change. We will weigh them in early!

**MISCELLANEOUS INFORMATION**

**ADMISSION:** All tickets are $5 for ages 5 and up – NO PASSES ACCEPTED

**CONCESSIONS:** Our booster club will have a concession.

**T-SHIRTS:** Regional t-shirts will be available for sale.

**AWARDS:** Medals will be awarded after all platforms are completed.

**FLIGHTS PLATFORM 1** FLIGHT 1 114/123/132 (subject to change) FLIGHT 2 148

 FLIGHT 3 165

 **PLATFORM 2** FLIGHT 1 181

 FLIGHT 2 198

FLIGHT 3 220

 **PLATFORM 3**  FLIGHT 1 242

 FLIGHT 2 275/308/SHW

 FLIGHT 3 Open – 15 min break

**STATE MEET INFO:** The State Meet will be held at the Taylor County Coliseum in Abilene on Saturday March 25, 2022 (Division I and IV). Please check the THSPA website for details.

Hopefully I’ve covered everything that you will need for the Region 6 Division 4 Championship. If you have any questions, please contact me anytime by phone or email. I am happy to help in any way!

Sincerely,

Quentin Berend, Region 6 Division 4 Director

E-Mail: r6d4@thspa.us or qberend@alvordisd.net

Cell Phone: 817-629-6443