**THSWPA**

**Region 1 Division 1&2 2025 Letter**

Coaches,

I am excited about the upcoming powerlifting season. My e-mail address [sroberts@bsisd.esc18.net](mailto:sroberts@bsisd.esc18.net), if you will please send me an email and I will add you to my email list

Here is some other information that might be helpful:

● The Regional and State fee has been raised to $50 this year.

● See Team roster instructions attachment for instructions on creating a Coaches’ Account on the website.

● We are creating a Hall of Honor, if you have any nominations for coaches please email

me with a “resume”.

● Meet Results need to be emailed to me by 4:00 p.m. on the Monday following your

meet. Please send me word through email if you are hosting a meet, at least one

member of the powerlifting coaching staff must be a certified judge through the girl’s

test accessible on boys website.

● Lastly, it is an election year, I will be running again to remain the Regional Director. If you

also want to be added to the ballot please email me and let me know. We will vote by

Google Form, this is the best alternative with all of the regional meets being split.

**Results:** We will only use the PowerScore system for the rankings again this year. This is a free download and is a very easy system to use at the meets. All meets must use this form and send it to me in this format. Results sent to me in any other format **WILL NOT** be included in the rankings. Please make sure results from a meet are sent as one meet. Do not send multiple files for one meet.

**Dues:** Boys and Girls dues are sent to different places so please inform your business department accordingly. State dues are $100.00 and must be post marked by January 24, 2025 Late dues will be $200.00. Any dues postmarked past that date will be returned and your lifters will be disqualified from the regional meet. Please make sure your business department is also aware of this deadline. Complete the registration form and send it along with payment to:

**THSWPA**

**PO Box 3021**

**Brownsville, Texas 78523**

**Last Meet:** The last qualifying date will be Saturday, February 15, 2025. All judges MUST be certified for a last qualifying meet. All results from the last qualifying date must be sent to me by midnight, February 16, 2025. **Weight class declarations must be made by 4:00 p.m. on Monday, February 17, 2025 by 4:00 PM.** If I do not hear from you and you have a lifter who is in the top 12 in two weight classes she will be placed in the heavier weight class.

**Regional Meet**: Tentatively, Division 1 will lift on February 28th, and Division 2 will lift on March 1st. Both meets will be held at our Junior High. The entry fee this year will be $50 per lifter and **checks will be made out to: BSHS Athletics.** Tickets will be sold at the gate. We will send out more details as the meet gets closer. I am in the process of locking down some hotels for Regionals, more info to come.

Unequipped will be held in Big Spring on February 27th

**State Meet:** The state meet will be in Edinburg, Tx @ the Bert Ogden Arena, March 12th- 15th.

Wednesday: March 12th-6A: Afternoon

Thursday: March 13th-Unequipped: Evening

Friday: March 14th- 4A D2: Morning/ 4A D1: Afternoon

Saturday: March 15th-5A D2: Morning/ 5A D1: Afternoon

**Rule Clarifications:**

The UPDATED Rule book is posted on the site.

All Changes will be Highlighted in yellow.

**Qualifying for Regional and State Competition:**

The top 12 lifters from each division will qualify for Regional competition. There are three ways to qualify for Regionals: be in the top 12 of your weight class for your division, reach your weight class’s automatic total or be the one of the top 2 lifters from your UIL classification.

There are three ways to qualify for State: place in the top two at Regional competition, reach your weight class’s automatic total at the Regional meet, or be the one of the top 2 lifters in your UIL classification at the Regional meet.

Finally, Coaches, Please have your kids sign up for the scholarships. Again this year the THSWPA will give 5 - $1000 Scholarships per region. Very important that the scholarship packet is complete or it will not even be considered (all letters, application and transcript.)

Good Luck to you all and I hope to see you around at the meets. If any rules questions or general concerns, please Call or email me. (432) 517-9764 (leave a message) or sroberts@bsisd.esc18.net

Sawyer Roberts

THSWPA Region 1 Division 1 & 2 Director

Big Spring High School