**2017 Girl’s Region I Division 3 Meet Information**

**DATE:** Friday, March 3rd 2016

**PLACE:** Irion County High School

**FEE:** **$35 per lifter** (Checks to: **Irion County Powerlifting**) you will get a receipt for the required fees. Entry fees for the regional meet can’t be charged, you must have the money at registration.

**PAPERWORK: ELIGIBILITY FORM & REGIONAL/STATE RELEASE FORM** found on website (steroid affidavit and second eligibility form required for state meet, also **scholarship applications**). You have to turn all of these in at the regional meet registration.

**WEIGH IN:** Thursday – 5:00 p.m. - 7:00 p.m.

Friday – 6:00 a.m. - 7:30 a.m.

**JUDGES MEETING –** 8:00

**COACHES MEETING –** 8:30

**NATIONAL ANTHEM –** 8:55

**LIFTING STARTS –** 9:00

**MEALS**: Each school will receive 2 tickets for coaches’ lunches, if you need an extra ticket or will only need 1 ticket please let me know so that I have an accurate count. Lunches for athletes will be set up through Irion County Athletics Booster Club. Lunch meal deals through the concession stand will be $7.00, please let me know by 1:00 Monday, February 27th how many meal deals and coaches’ tickets you need for lunch.

**Direction for meet and weigh in**: Weigh in will be at Irion County High School Gym. If you’re coming from San Angelo, turn right on Fleming and left on 4th Street and you’ll see the gym. If you’re coming from the Big Lake side, turn left on Fleming and left on 4th Street.

**This will be a 4 platform meet**

The top 12 lifters from each weight class will be taken in each division. This is what I expect to the rack and flight breakdown to be, it could change depending on the number of qualifiers.

**Rack 1** **Rack 2** **Rack 3** **Rack 4**

Flight 1 – 97 Flight 1 – 123 Flight 1- 165 Flight 1 – 198

Flight 2 – 105 Flight 2 – 132 Flight 2- 181 Flight 2 – 220

Flight 3 – 114 Flight 3 – 148 Flight 3 – 259 Flight 3 – 259+

Declarations for multi weight class qualifiers is Monday February 20th by 4 pm or they will be put in the higher weight class.

If your lifter is not going to lift at regional for any reason:

**IT IS YOUR RESPONSIBILITY TO INFORM ME SO THE NEXT LIFTER CAN BE MOVED UP!**

**This must be done by Wednesday, February 22nd 2016 by NOON or your school will be charged the lifter fee!**

**Information for Spectators:**

- $5.00 admission for all spectators **No Spectator will be allowed on the gym floor**

- Programs will be available

All T-shirts this year will be sold through Fine Designs on Friday only. They are a company that is going to come and print the shirts on site at the meet. Anyone that buys a shirt will have the logo for the meet on the front and can personalize the shirt on the sleeves and/or the back. They will sell cotton shirts, dri-fit shirts, short and long sleeve of both of those, and hooded sweatshirts. Here is a price list of what they are going to sell with just the design for the meet on the front (nothing custom added):

Short sleeve cotton white or grey: $15.00

Short sleeve colored cotton: $19.00 - $21.00

Long sleeve cotton: $23.00 - $25.00

Short sleeve dri-fit: $29.00 - $31.00

Long sleeve dri-fit: $34.00 - $36.00

Dri-fit tanks: $28.00

Hooded sweatshirts: $38.00 - $40.00

Anything added to the shirt is $4.00. If they get something printed on the back and the sleeve, it would be $8.00 added to the basic price.

If you want to, this is a video that they sent me you can watch to have an idea of what can be done to the shirts. <http://finedesigns.com/2015manhattanhsxc/>

If you have any questions, contact me via email or at 806-893-3663.

Thanks, Cody Hogan