

2018 THSWPA Regional Powerlifting Meet

Division 1

Early Weigh-In: Friday, March 2 nd	4:00 to 5:30 pm
Weigh-In: Saturday, March 3 rd	6:30am to 8:00 pm
Judges Meeting	8:05 am
Coaches Meeting	8:15 am
National Anthem	8:57 am
Begin Meet	9:00 am
Regional Director - Jeff Ramirez	

Paperwork – You must have the following paperwork for each lifter and alternate lifter. All forms can be found on the THSWPA website.

- Regional release forms
- Eligibility forms
- Drug Testing forms

Scholarship applications – form can be found on THSWPA website.

- For SENIORS only
- Bring your application to the meet and turn in with other paperwork

Athlete Entry fee

- \$35 per lifter.
- Make checks out to **Del Valle Athletic Department**
- Bring checks to the either the early weigh-in or to the regional meet.
- **DO NOT MAIL CHECKS**
- If you are bringing checks for alternates, put them on separate checks. **No refunds will be given.**
- If you have a qualified lifter that is not going to participate in the Regional meet it is your responsibility to communicate that to me by February 20, 2018 at 4:00pm, so I can notify the alternate. **After February 20, 2018, your school will be charged for any lifter that does not show.**

Platforms

- We will be using five platforms this year and one weight class per flight.
- We will have our weight room open for warm-ups
 - **Therefore, no warm-up time will be given prior to each flight**
- Have lifters check overheads or platforms for flight information.

Admission

- Parents and fans will be \$5 per person.
- Please pass this info along to your parents/fans.

Regional T-Shirts

- Shirts will be sold at the meet - \$20 per shirt. They are short sleeve.
- Shirt design –



Meet Information

- We will not start Dead Lift until sub totals are posted.
- Listen to all announcements. If you want to announce regional record attempts, fill out a record sheet and hand it to me. Lifters who attempt to tie or break regional records will be inspected by a Female judge immediately after completing the attempt, per rulebook, EVEN IF THE ATTEMPT IS NOT ANNOUNCED.
- We will award 1st - 5th place medals and 1st – 3rd team trophies as well as individual lifter awards.

Advancing to State

- 1) Top 2 lifters of each weight class
 - 2) Hit State Qualifying Total at THIS meet.
 - 3) Be one of the top 2 lifters in your school's UIL classification for your weight class
- ***ties are broken by body weight for advancing to state***

Hotels – these are just a few near the school. You can do an internet search to find more in the area

Best Western Plus Austin Airport Inn & Suites
1805 Airport Commerce Dr.
Austin, TX 78744
512-386-5455

Comfort Suites Austin Airport
7501 E. Ben White BLVD
Austin, TX 78741
512-386-6000

Quality Inn & Suites Airport
2751 Tx HWY 71 East
Del Valle, TX 78617
512-385-1000