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| http://thswpa.com/images/THSWPA_small.jpg | |  | | --- | | T H S W P A Texas High School Women's Powerlifting Association | |  |

Coaches-

Following is the schedule for the 2021 THSWPA Region 2 Division 2 & 3 Powerlifting Meets at Dublin HS, with Division 2 on Friday, March 5, and Division 3 on Saturday, March 6, along with some other information that might be helpful.

**NO SPECTATORS WILL BE ALLOWED THIS YEAR IN ORDER TO ALLOW MAXIMUM OPPORTUNITY FOR SPACING OF THOSE LIFTERS THAT ARE NOT IN ACTIVE FLIGHTS. WE ARE PLANNING ON HAVING A LIVE STREAM AVAILABLE – WILL SEND LINKS THE WEEK OF THE MEET**

**Checks for the lifter fees need to be made out to Dublin Athletics. The fee is $35 per lifter. No refund if your lifter fails to make weight. If paying with cash, please have exact change. Must pay prior to meet or morning of meet. NO IOU’s. Please do not include meal money with entry fees.**

**Location: Dublin High School, 2233 E State Hwy 6, Dublin, TX**

**DIVISION 2 DIVISION 3**

**Early Weigh-In Date: Thursday, March 4, 2021 Friday, March 5, 2021**

**Early Weigh-In Time: 5:00 pm-7:00 pm. 5:00 pm-7:00 pm.**

**Weigh-In Date: Friday, March 5, 2021 Saturday, March 6, 2021**

**Weigh-In Time: 6:00 am-8:00 am. 6:00 am-8:00 am.**

**Judges Meeting: 8:00 am 8:00 am**

**Coaches Meeting: 8:20 am 8:20 am**

**National Anthem: 8:55 am 8:55 am**

**Bars Loaded: 9:00 am 9:00 am**

**3 PLATFORMS - 2 FLIGHTS**

**We will take a 30 MINUTE LUNCH BREAK AFTER EACH PLATFORM HAS FINISHED WITH LAST BENCH.**

**WE WILL NOT START DEAD LIFT UNTIL SUB TOTALS ARE POSTED.**

**JUDGES WILL BE ENFORCING UNIFORM RULES.**

**PLEASE READ YOUR RULE BOOK.**

The following are some reminders that might be helpful.

-Bring the State and Regional release forms, drug testing affidavits, and eligibility forms to Weigh-in.

- Bring any scholarship applications. (must be seniors, 1 application per school)

The last qualifying date will be Saturday, February 20, 2021. 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 20, 2021. **Weight class declarations must be made by 4:00 p.m. on Monday, February 22, 2021**. 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. **Also, at this date and time, each school becomes responsible for the entry fee for each lifter they have qualified.**

-Lifters must be weighed nude or in underwear and/or bra (without underwire). Jewelry, glasses, metal, hair accessories, wet hair, and any clothing not previously stated are strictly forbidden. If a question exists regarding weight of undergarments, the lifter may be requested to reweigh in the nude.

-**There will be no one allowed in the weigh-in area except Weigh-In Officials.**

**-**Lifters who rank in the top twelve totals or reach the Regional qualifying total at an Invitational Meet, for their weight class in each region and in each division, will qualify for Regional Meets. If a classification is not represented at the Regional Meet, the top 2 lifters with the highest total from that classification will be added to meet. (Ex: If there is one 1A/2A lifter in the top twelve of the 114.5 weight class, the next highest 1A/2A lifter will be added). Rankings are listed and certified by the T.H.S.W.P.A. Regional Directors.

**-** Lifters may only compete in the weight class in which they qualify at the official weigh-in at all meets including Invitational, Regional and State. At the Regional and State meets, lifters must compete in their declared and qualified weight class. Failure to make proper weight will eliminate the lifter from all competition.

**-**A lifter who qualifies for the Regional Meet may qualify for the State Meet by 1) either finishing first or second in her weight class, 2) by posting a qualifying total for her class as follows or 3) by qualifying within the “top 2 rule by classification”. (Ex. At Regionals, if the top 2 finishers in a weight class are 5A, the top 2 6A girls, regardless of place, would go to State to represent their 6A Region).

Regional Qualifying totals State Qualifying totals

97.5 - 515 97.5 - 550

105.5 - 585 105.5 - 625

114.5 - 635 114.5 - 675

123.5 - 675 123.5 - 725

132.5 - 720 132.5 - 775

148.5 – 775 148.5 - 800

165.5 - 785 165.5 - 825

181.5 – 810 181.5 - 850

198.5 – 830 198.5 - 875

220.5 – 865 220.5 – 900

259.5 - 890 259.5 - 925

SHW – 915 SHW – 950

**MEAL DEAL**: The Dublin Athletic Booster Club will have a meal deal available for lunch. The meal will consist of a hamburger, chips, candy bar, & water for $7.00.

Please pre-order meals for your lifters by text to SuLin Olvera at 254-485-0817 and indicate if they are for Friday or Saturday. Checks for meals should be made out to **Dublin Athletic Booster Club. Checks for meals must be separate from entry fees.**

Regional Meet tee shirts, sweat tops/jackets will be available to purchase. Please share the info below with your athletes regarding options and pricing.

*We are excited to announce Fine Designs will be onsite this year providing customized THSWPA Girls Regional* *event apparel. Event Tee-Shirts will start at $25 and with Sweatshirts and Jackets up to $60. Each item includes the front event logo into the cost and customization may be added for just $5-$8 per imprint, and individual names are $12. This is an exciting process and important fundraiser for the event so please be sure to send the finances enough for your athlete to customize the apparel item of choice. We have also launched an online store to have an idea of the items and customization available and for those that cannot attend the event in person. We look forward to creating wonderful event memories together!*

**HOTELS FOR REGION 2 Meet** These are hotels in the area within 25 minutes.

Central Inn 254-445-2138 and Relax Inn 254-445-0499 are both in Dublin

Best Western Plus Stephenville Inn or LaQuinta Inn & Suites Stephenville – Contact Sonia at 806-440-4712 (cell) and she can work with you on availability & rates for either of these hotels.

Hampton Inn & Suites Stephenville – 254- 918-5400 (has rooms available for Thursday night only)

Best Western Comanche Inn – 325-356-2300

Any questions? Contact me at [ghardcastle@dublinisd.net](mailto:ghardcastle@dublinisd.net) or 254-592-5699

Greg Hardcastle

THSWPA

Region 2 Director Division 2 & 3

Dublin HS