**THSWPA**

**Region Division 2&3 2023 Letter**

Coaches,

 My e-mail address is: ghardcastle@dublinisd.net If you have not received an e-mail from me in the past please send me a message so I can add you to my contact list.

Here is some other information that might be helpful:

 Meets must be certified through me via the Girls website if a girls only meet. If it is a co-ed meet it can be registered on either site just click that it is a co-ed meet**. Please be sure to include Judges when registering your meet.** **Remember any meet not certified through website, the results will be Null and void. If you are hosting a meet, at least one member of the powerlifting coaching staff must be certified judge on girl’s test accessible on boys website.** Results need to be emailed to me by 4:00 p.m. on the Monday following your meet.

**Results:** We will only use the PowerScore system for the rankings again this year. This is a free down load 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.

**Dues:** Boys and Girls dues are sent to different places so please inform your business department accordingly. State dues are now $100.00 and must be post marked by February 1, 2023. Late dues will be $200.00 and will only be accepted until February 13, 2023. 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 18, 2023. 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 18, 2023. **Weight class declarations must be made by 4:00 p.m. on Monday, February 20, 2023.** 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 Meets**: Regional meets will be held on 3 dates at 2 different sites this year. The 1A/2A Regional meet will held on Saturday, February 25 at Bosqueville HS, while the 4A Regional meet will be Friday, March 3, and the 3A meet will be Saturday, March 4, both at Dublin HS. The entry fee this year will be $35 per lifter. Tickets at the door are $5. I will send out more details on entry fees as the meets get closer.

**State Meet:** The state meet will be in Frisco March 15-18, 2023. More to come on this ASAP.

**Rule Clarifications:**

The UPDATED Rule book is posted on the site.

All Changes will be Highlighted in yellow.

**Qualifying for Regional and State Competition:**

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 school classification (1A/2A, 3A small, 3A large, 4A small, 4A large, 5A small, 5A large and 6A), will qualify for Regional Meet.

There are two ways to qualify for State: place in the top two in your UIL classification at Regional competition or reach your weight class’ automatic total 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 c or email me. (254) 592-5699 or ghardcastle@dublinisd.net

Greg Hardcastle

THSWPA Region , Director Divisions 2 & 3

Dublin HS