

THSWPA 2023 Information Letter
Region 3 Division 2&3

Coaches,

I am excited to begin the 2023 powerlifting season. I have changed schools, but my role as a regional director is the same. My new e-mail address has changed and is kchase@eustaceisd.net. I will send out a test email on Tuesday, November 8, 2022. If you do not receive the email, please send me an email so that I can add you to the contact list.

Here is some other information that might be helpful:

- Meets must be certified through me via the THSWPA 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.
- Results need to be emailed to me by 4:00 p.m. on the Monday following your powerlifting meet.
- Remember any meet not certified through the website, will cause the results to be null and void.
- Please email me if you plan to host a meet this year.
- At least one member of the powerlifting coaching staff must be a certified judge. You can take the test on the THSPA website to obtain your certification.

Results: We will only use the PowerScore system for the rankings again this year. The software is free and can be downloaded from the website. All meet results must be emailed to me using the format produced by PowerScore. Results sent to me in any other format **WILL NOT** be included in the rankings. If you have questions, please let me know.

Dues: Please be aware that the THSPA (boys) and THSWPA (girls) are two different entities. Please make sure that your business department is aware of this and sends the appropriate check to the appropriate site. State dues are **\$100.00** and must be postmarked 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 Qualifying Meet: The last qualifying date will be Saturday, February 18, 2023.

Please adhere to the following guidelines:

- All judges **MUST** be certified for the 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 Meet:

- Each classification within the division will have its regional meet and awards
- Division 3 (1A/2A) will compete on Thursday, March 2nd
- Division 3 (3A Large School/3A Small School) will compete on Friday, March 3rd
- Division 2 (4A Large School/4A Small School) compete on Saturday, March 4th
- All meets will occur at the Kirk Gymnasium at Eustace High School
- The entry fee this year will be \$35 per lifter and checks should be made payable to Eustace Athletics.
- Tickets will be \$5 at the door for each regional meet
- T-shirts will be available for purchase

State Meet:

- The state meet will be in Frisco, TX
- The dates for the meets are March 15-18, 2023
- Specific details will be announced as the meet approaches

Rule Clarifications:

- The UPDATED Rule book is posted on the site
- All rule changes are highlighted in yellow.

Qualifying for Regional and State Competition:

The top 12 lifters from each division will qualify for the 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 one of the top 2 lifters from your UIL classification.

There are three ways to qualify for State: place in the top two at the regional competition, reach your weight class' automatic total at the regional meet, or be 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. The scholarship packet must be complete, or it will not be considered (include all letters, applications, and transcripts.)

Good Luck to you all and I hope to see you around at the meets.

If you have any rules questions or general concerns, please call or email me. My contact information is (817)308-9695 or kchase@eustaceisd.net

Kevin Chase

THSWPA Region 3, Director Divisions 2&3

Eustace High School