

THSWPA

Region 3 Division 3 2024 Letter

Coaches,

I am excited for the opportunity to serve as your regional director. If you could please send me an email with your name, school, classification, & cell phone number so that I may compile a contact list: trey.marks@commerceisd.org. If you could also please join the THSWPA Region 3 Division 3 SportsYou, as this would be the fastest way for me to communicate with everyone. The access code is: 8MZ6-GQR3.

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. Results need to be emailed to me by 4:00 p.m. on the Monday following your meet. Remember any meet not certified through website, the results will be Null and void. Please send me word 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.

****IMPORTANT UPDATE FOR THE 2024 SEASON****

The THSWPA will be announcing that we are going to have an **Unequipped Division** this year and those details will be released very soon. Be on the lookout for information to be posted on the website with all the details.

Results: We will only use the Power-Score system for the rankings again this year. This is a free download 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 **\$100.00** and must be post marked by February 1, 2024. **Late dues will be \$200.00** and will only be accepted until February 13, 2024. 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 (this is not the address for the Girls & Boys, make sure to mail TWO checks for your dues.)

Last Meet: The last qualifying date will be Saturday, February 17, 2024. 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 17, 2024. **Weight class declarations must be made by 4:00 p.m. on Monday, February 19, 2024.** 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: We will be splitting meets into 2 separate days. 1A/2A will compete Friday, March 1st, 2024 and early weigh in will be Thursday, February 29th, 2024. 3A big school & 3A small school will lift on Saturday, March 2nd, 2024 and early weigh in will be Friday, March 1st, 2024. Both meets will be held at Commerce High School. The entry fee this year will be \$35 per lifter and **checks will be made out to: Commerce Athletics (Attn: Trey Marks).** Tickets at the door are \$5. We will send out more details as the meet gets closer.

State Meet: The state meet will be in Frisco March 13-16, 2024. More information 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:

The top 12 lifters from each division will qualify for 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 the one of the top 2 lifters from your UIL classification. There are three ways to qualify for State: place in the top two at Regional competition, reach your weight class' automatic total at the Regional meet, or be the 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. 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 Call or email me. My cell is 214-663-0492 or you can email me at trey.marks@commerceisd.org.

Trey Marks
THSWPA Region 3 Division 3 Director
Commerce High School