



THSWPA Region 3 Division 3 Regional Meets

Dates: Friday, March 1st, 2024 (1A/2A) & Saturday, March 2nd, 2024 (3A Small/3A Large)

Place: Commerce High School Gym (3800 Sregit Drive, Commerce, TX 75428)

Entry Fee: \$35 per individual lifter. Please bring entry fee, meal ticket money, completed & signed eligibility waiver, liability waiver, & drug testing affidavit when you arrive on your weigh-in day, do not mail or e-mail beforehand. **Make Checks Payable to Commerce High School Athletics (Attn: Trey Marks)**

Rules & Attire: All THSWPA Equipped & Unequipped Guidelines will be enforced at all times. Please make sure to bring signed eligibility form & drug testing affidavits.

Schedule of events (1A/2A)

Thursday- Feb. 29th
Early Weigh-in 5:00pm – 7:00pm

Lifters who miss early weigh-in must weigh-in day of the meet

Schedule of events (3A):

Friday- Mar. 1st
Early Weigh-in 5:00pm – 7:00pm

Lifters who miss early weigh-in must weigh-in day of the meet

Friday- Mar. 1st
Weigh-in 1:15pm- 3:15pm
Judges Meeting 3:30pm
Coaches Meeting 3:45pm
Lifting Begins 4:00pm

Saturday Mar. 2nd
Weigh-in 6:15am- 8:15am
Judges Meeting 8:30am
Coaches Meeting 8:45am
Lifting Begins 9:00am

Weight Declarations: If a lifter qualifies in more than one weight class, it must be declared to me which weight class the lifter intends to compete in by **Monday, February 19th @ 4:00 p.m.** If no declaration is made, the lifter will be assigned to the heaviest class in which she is qualified & **you will then be responsible for the \$35 entry fee for that lifter.**

Meals: Meal tickets are available for \$8.00 each. Coaches will be provided with hospitality room (**Maximum of 2 Coaches per team**). Please fill out the Google Form for meal tickets & direct any meal ticket questions to athleticboosterparents@gmail.com. Meal Ticket Google Form: <https://forms.gle/g9nn6rHH1y6yS1QUA>

Entry Fee for Non-Participants: There will be a \$5 entry fee for all students and spectators at the door.

Parking: Please refer to the parking maps & instructions in the email that will be sent out soon. **If you have not emailed me so far this year with contact info, please do so ASAP.**

Please reach out with any questions or concerns. I look forward to seeing everyone. Good luck to you & your lifters!

Thank you,

Trey Marks
THSWPA Region 3 Division 3 Director
Cell: (214) 663-0492
trey.marks@commerceisd.org

Friday, March 1st (1A/2A)

One Flight (1A/2A Lifting Together)

- Platform 1: 97 & 105
- Platform 2: 114 & 123
- Platform 3: 132 & 148
- Platform 4: 165 & 181
- Platform 5: 198 & 220
- Platform 6: 242 & 242+

Saturday, March 2nd (3A)

Flight 1- 3A Large | Flight 2- 3A Small

- Platform 1: 97 & 123
- Platform 2: 105 & 148
- Platform 3: 114 & 165
- Platform 4: 132 & 181
- Platform 5: 198 & 242
- Platform 6: 220 & 242+

