



# THSWPA

## Texas High School Women's Powerlifting Association

Coaches-

The following will be the itinerary for the THSWPA Region 4 Division 1 Powerlifting Meet, along with some reminders that might be helpful.

Please double check all of your lifters names, totals, and placings. Notify me of any changes that need to be made as soon as possible.

Checks for the lifter fees need to be made out to **Alvin ISD Athletics Department**. Please have check in hand do not mail. The fee is \$35 per lifter.

Also Regional Meet shirts will be sold for \$15 cash or check at early weigh-ins and day of meet. Checks for shirts should be made out to **AYBC**.

**Tickets: \$5 will be sold online. I will send out the link as soon as I get it from my Admin.**

Early Weigh-In Date: Tuesday March 2nd, 2021  
Early Weigh-In Time: 4:00 pm – 6:00 pm  
Location: Alvin High School Competition Gym

Weigh-In Date: Wednesday March 3rd, 2021  
Weigh-In Time: 6:30 am – 8:00 am  
Location: Alvin High School Competition Gym

- Judges Meeting: 8:00 am
- Coaches Meeting: 8:30 am
- Bars Loaded: 8:45 am
- We will be presenting awards after the competition is completed.

### Regional Qualifying totals

97.5 - 515  
105.5 - 585  
114.5 - 635  
123.5 - 675  
132.5 - 720  
148.5 - 775  
165.5 - 785  
181.5 - 810  
198.5 - 830  
220.5 - 865  
259.5 - 890  
259+ - 915

### State Qualifying totals

97.5 - 550  
105.5 - 625  
114.5 - 675  
123.5 - 725  
132.5 - 775  
148.5 - 800  
165.5 - 825  
181.5 - 850  
198.5 - 875  
220.5 - 900  
259.5 - 925  
259+ - 950

**The following are some reminders that might be helpful:**

At check-in please bring the following items:

- Entry fees \$35 per lifter
- Drug testing form
- Eligibility forms
- Meet Release Form
- Scholarship Applications (1 senior per school)

**We will also be selling Regional Championship shirts at the meet. They will start going on sale at early weigh-ins. Checks for shirts should be made out to AYBC.**

- Any lifter who qualifies in more than one weight class must declare to the Regional Director which class she intends to compete in at the Regional level. **This declaration must be made by Monday February 22, 2021 before 4:00 p.m.** If no declaration is made, the Regional Director will assign the lifter to the heaviest class in which she has qualified. **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. 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 6A lifter in the top twelve of the 114.5 weight class, the next highest 6A lifter will be added). Also there is two 5A divisions this year. Top 2 5A big and small schools will be qualified the same as 5A/6A qualification. 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).**

As always if there are any questions please don't hesitate to call or email!

Good luck the remainder of the season.

Thank you,

Joe Casas

Regional Director Region 4 Div 1

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