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| http://thswpa.com/images/THSWPA_small.jpg | T H S W P ATexas High School Women's Powerlifting Association | http://thswpa.com/images/THSWPA_small.jpg |

Region 5 Division 1 & 2 Coaches-

The following will be the itinerary for the THSWPA Region V Division I & II Regional Championships, along with some reminders that might be helpful.

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

We will be presenting awards after competition in completed.

The following are some reminders that might be helpful.

- Bring the State and Regional release forms, drug testing affidavits, and eligibility forms to Weigh-in.

- Bring any scholarship applications (must be seniors, 1 application per school)

**-** 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 the Monday following the last qualifying date 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 (without underwire). 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). 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!

Thank you,

Christian Navarro

THSWPA President / Regional Director Region V Division I & II

(956) 262-4201

r5d1@thswpa.com

***THSWPA***

***2019 REGIONAL CHAMPIONSHIPS***

***REGION V DIVISION I & II***

**PSJA MEMORIAL ECHS**

**800 S. ALAMO**

**ALAMO, TEXAS 78516**

***ENTRY FEE $35 PER LIFTER***

***CHECKS PAYABLE TO***

***EDCOUCH-ELSA ATHLETICS***

***packets will include***

***1 wrist band (coach) more than number of lifters up to 4 wristband max***

***regional qualifying lifters will receive wristband upon being weighed in***

***you may purchase up to 4 wrapper wristbands per team @ $5.00 each at registration***

***no one will be allowed in lifting area without a wristband***

***region v division ii meet itinerary***

***thursday night february 28th***

early weigh ins 5:00 – 7:00

**division ii 4a**

***friday morning march 1st***

weigh ins 6:00 – 7:30 AM

**division ii 4a**

judges meet at 7:45

coaches meet at 7:45

competition starts at 8:30

***region v division i meet itinerary***

***friday night march 1ST***

early weigh ins 5:00 – 7:00

**division i 5A – 6a**

***saturday morning march 2ND***

weigh ins 6:00 – 7:30 AM

**division i 5A – 6a**

judges meet at 7:45

coaches meet at 7:45

competition starts at 8:30