**THSWPA 2021**

**REGION V DIVISON I**

**Coaches,**

Below is some important information regarding the 2021 powerlifting season:

# Membership Dues

* Amount- $75- Made out to THSWPA
* Deadline- Must be postmarked February 2 , 2021
* Late Dues- $200 if not postmarked by February 9, 2021. If not paid, lifters will not be able to compete at the Regional Meet.
* Mailing Address- THSWPA

 P.O. BOX 3021

 BROWNSVILLE, TX 78523

# Communication

* All information including Regional rankings will be placed on the THSWPA website: thswpa.com
* Please send me your information by email ASAP:
	+ School Name and Phone Number
	+ School Fax
	+ Powerlifting Coach
	+ Coach’s cell # and e-mail

# Invitational Meets

* If you are hosting a meet, you must get the results to me by 4:00 pm on the Monday following the meet. Make sure that your meet follows all guidelines to be counted as a legal meet. Please register all meets on the website. This will be done through the website. There is a meet registration link for you to input all of your meet information on the THSWPA website. You must use Powerscore to score your meet. It is provided free of charge through the THSWPA website. It is your responsibility to tell the person hosting the meet to send the information, especially if you lift at a meet outside of the region. Due to Covid this year meets will need to consist of at least 2 teams with a minimum of 14 Lifters and no more than 8 teams with a maximum of 96 lifters.

# Dates

* **February 2ND** - THSWPA dues must be postmarked
* **February 20th** - Qualifying Date. If you host a meet you must have results in by 12:00 midnight.
* **February 22nd** - Weight declarations for double qualified lifters- by 4:00 pm

**Regional Meet @ Edcouch Elsa High School**

* **March 6th** – Division I

**State Meet @ American Bank Center Corpus Christi**

* **March 18th** – Thursday 1A/2A/3A 8:00 AM / 6A 2:00 PM
* **March 19th** – Friday 4A Division II 8:00 AM / 4A Division I 2:00 PM
* **March 20th** – Saturday 5A Division II 8:00AM / 5A Division I 2:00PM

# Rulebooks

* **Rulebooks can be found on the THSWPA website**. They can be downloaded from the website.
* Weigh-ins have been extended by 30 minutes this year.

# Covid Guidelines: Please go to website THSWPA to follow recommended Covid Guidelines.

**Regional Standings**

* Each week I will post the totals on the THSWPA website. If there are any mistakes or misspellings, please let me know.

I will send out more info on the Regional Meet soon. Good luck this season. If you have any questions, comments, or concerns, please do not hesitate to contact me.

Respectfully,

# CHRISTIAN NAVARRO

**Director Region V, Division I**

**E-mail: cnavarro@eeisd.org**