Girls Region 5 Division 2 Championships

Weigh Ins: Wednesday, March 3, 2021 from 4:00 pm - 6:00 pm at TMHS Gym locker rooms. Entrance is next to the natatorium (near Tennis courts). Coaches will be given a number when they pick up their packets to show when they will weigh in.

Girls/Teams can line up in the hall when their number is called. Girls/Teams can wait in the gym until their number is called (Will call about four teams at a time. When a team is done, the next number will be called.)

Parking: Buses can drop their lifters off in the parking lot and then park in the lot near the football field. Other vehicles can park in either parking lot near the Tennis Courts.

Weigh Ins Day of Meet: Thursday morning 6:30 AM - 8:30 AM

**Thursday Schedule: 6:30 AM - 8:30 AM Weigh Ins**

**8:45 AM - Coaches Meeting 9:00 AM - National Anthem**

**9:05 AM - Lifting Starts**

**Flight 1**

**Platform 1: 97 – 105**

 **Platform 2: 114 – 123**

 **Platform 3: 132 – 148**

**Flight 2**

 **Platform 1: 165 – 181**

 **Platform 2: 198 – 220**

 **Platform 3: 259 – 259+**

**Flight 1 squat followed by Flight 2 squat etc.**

**Flight 2 will start 10 min after Flight 1**

Packet Pick Up/Other Info

Payment is due at the time of packet pick up. Teams will be given a number when you pick up your packet for order of weigh ins. Lifters/Teams can line up in that order when their number is called. Lifters/Teams can line up in the hallway outside of the gym once they receive their number. They will enter the locker room when their number is called.

Social distancing will need to be practiced while waiting in line to receive packets and waiting to enter the locker room for weigh-ins. Lifters/Teams will need to wait on the visitor bleachers until they are called to the hallway for weigh-ins.

Bands and tickets will be in your packets when you pick them up.

We will have a concession stand during the meet

Shirts will be sold during the meet

Hospitality Room and coaches meeting will be held in the loft.

Lunch will be in the loft after bench is completed for coaches and judges

Award Ceremony will be after results from the last flight of deadlift is posted.

Meet will be streamed for parents/fans not able to attend. More info will be given out at weigh ins

**During the meet, teams can make camp in the small gym (Commons can be used if needed). Flight 1, can use visitor bleachers while they are lifting. Flight 2, will be in the Small Gym. When Flight 1 is done they will rotate into the Small Gym and Flight 2 will enter the Big Gym. Lifters can warm up in the weight room near the gym entrance.**

Wristbands and Tickets

Wrist Bands: Packets will include 2 wrist bands. Additional wrist bands can be purchased for $5.00 each at time of packet pick up. A max of three additional wristbands can be purchased per team for wrappers/spotters, due to district COVID restrictions and to keep numbers limited on the floor.

Tickets: Our district is allowing 2 spectators per lifter. The tickets are included in your packets. There will be no tickets sold at the door. Spectators must have a ticket to enter. Coaches and spotters/wrappers must have wristbands to be on floor.

**E.J. McNamara**

**Def. Coordinator/Head Powerlifting Tuloso-Midway High School**

 **emcnamara@tmisd.us** **(361)441-3084**