**THSWPA REGION 5 POWERLIFTING MEET**

**DIVISION 2**

**FRIDAY WEIGH IN 4:30 TO 6:00 PM**

**SATURDAY WEIGH IN 6:00 TO 7:30 AM**

**COACHES MEETING 7:45 AM (ALL TIMES ARE TENATIVE)**

**JUDGES MEETING 8:15 AM**

**NATIONAL ANTHEM 8:50 AM**

**SQUAT BEGINS 9:00 AM**

**LIFTING VENUE: CARRIZO SPRINGS HIGH SCHOOL**

**MAKE SURE YOUR STATE FEES ARE PAID UP OR POST MARKED BY FEBRUARY 1, 2016.**

**PAYMENTS RECEIVED THAT ARE POSTMARKED AFTER FEBRUARY 1 WILL BE CONSIDERED LATE AND A $200.00 FINE, PLUS THE ORGIONAL $75.00 MENBERSHIP FEE WILL BE ASSESSED. THE FINED SCHOOL MUST THEN PAY THE FINE BY THE MONDAY BEFORE THE LAST QUALIFYING DATE AT 4:00 PM OR THE SCHOOL’S LIFTERS WILL NOT BE ELIGIBLE FOR REGIONAL OR STATE COMPETION. NO EXCEPTIONS WILL BE MADE.**

**ANY LIFTER THAT QUALIFIES IN MORE THAN ONE WEIGHT CLASS MUST DECLARE TO THE REGIONAL DIRECTOR WHICH CLASS SHE INTENDS TO COMPETE AT THE REGIONAL MEET. THIS DECLARATION MUST BE MADE BY THE MONDAY FOLLOWING THE LAST DATE BEFORE 4:00 PM. IF NO DECLARATION IS MADE, THE RREGIONAL DIRECTOR WILL ASSIGN THE LIFTER TO THE HEAVIEST CLASS IN WHICH SHE HAS QUALIFIED.**

**HAVE PAPERWORK FOR EACH LIFTER AND ALTERNATE. REGIONAL RELEASE FORMS, ELIGIBILITY FORMS AND DRUG FORMS CAN BE FOUND ON THE THSWPA.COM WEBSITE**. THESE FORMS WILL NOT HAVE TO BE REDONE FOR STATE MEET UNLESS YOUR SCHOOL COMPLETES A GRADING PERIOD BETWEEN THE REGIONAL AND STATE MEETS, THEN YOU WILL NEED A NEW ELIGIBILITY FORM.

**ENTRY FEE IS $35.00 PER LIFTER. MAKE CHECKS PAYABLE TO: THSWPA, REGION 5 OR BRING CASH. NO REFUNDS.**

**DO NOT MAIL CHECKS. BRING CHECKS WITH YOU. NO REFUNDS**

CONTACT ME WITH SPELLING CORRECTIONS SO I CAN ELIMATE DOUBLE ENTRIES AND CLARIFY ALTERNATES.

IF YOU HAVE A LIFTER THAT IS NOT GOING TO PARTICIPATE IN THE REGIONAL MEET IS YOUR RESPONSIBILITY TO NOTIFY ME **BY MONDAY, FEBRUARY 29, 2016**, SO I CAN NOTIFY THE ALTERNATE. YOUR SCHOOL WILL BE CHARGED FOR ANY LIFTER THAT DOES NOR SHOW.

JUDGES WILL BE ENFORCING UNIFORM RULES.

PLEASE READ YOUR RULE BOOK.

**PLEASE NO FOOD IN THE GYM**

**THE LIFTER’S CARD IS THE OFFICIAL SCORING DOCUMENT. HAVE LIFTERS REPORT NEXT LIFT TO TABLE WORKERS AND VERIFY PREVIOUS LIFTS AT TABLE. WE CANNOT CHANGE RESULTS BASED ON YOUR RECORDS. WE CAN PULL THE CARD AND VERIFY IF IT WAS ENTERED CORRECTLY INTO THE COMPUTER.**

**GET LIFTER TO THE PLATFORM – 1 MINUTE AFTER “BAR IS LOADED” OR THEY WILL BE TIMED OUT.**

**WE WILL BREAK FOR 10-15 BETWEEN SQUAT AND BENCH. WE WILL NOT START DEAD LIFT UNTIL SUB TOTALS ARE POSTED.**

**30 MINUTE LUNCH BREAK AFTER EACH PLATFORM IS DOWN WITH LAST BENCH.**

**2 BUMPS ARE ALLOWED. READ THE BUMP RULE.**

**SCHOLARSHIP APPLICATIONS: IF YOU HAVE A SENIOR YOU WANT TO SUBMIT FOR A CHANCE AT A SCHOLARSHIP…IT MUST BE TURNED IN AT WEIGH-IN OR THE DAY OF THE REGIONAL MEET.**

**VIDEO OF A LIFT WILL NOT BE REVIEWED.**

**PACKETS WILL CONTAIN**

**2 – COACHES MEAL TICKETS/2 WRIST BANDS**

**LIFTER BANDS AND WRAPPER BANDS**

**NUMBER OF WRAPPERS PER TEAM**

**17 – 20 LIFTERS = 5**

**13 – 17 LIFTERS = 4**

**8 – 12 LIFTERS = 3**

**4 – 7 LIFTERS = 2**

**1 – 3 LIFTERS = 1**

**NO EXTRA BANDS WILL BE SOLD.**

**NO EXTRA MEAL TICKETS WILL BE ISSUED**

**HOTELS FOR REGION 5 DIVISIION 2**

WHEN MAKING A RESERVATION, PLEASE REQUEST FOR GIRLS POWERLIFTING MEET. ROOMS HAVE BEEN BLOCKED AT THE FOLLOWING HOTELS

HAMPTON INN , HOLIDAY IN EXPRESS,