



THSWPA

Texas High School Women's Powerlifting Association

Coaches-

The following will be the itinerary for the THSWPA Region 6 Division 2 Powerlifting Meet, along with some reminders that might be helpful.

Checks for the lifter fees need to be made out to Gainesville ISD Athletics.

The fee is \$35 per lifter.

If you have a lifter that qualifies for the Regional Meet and DO NOT NOTIFY ME THAT YOUR ATHLETE IS NOT COMPETING, YOUR DISTRICT WILL STILL BE BILLED FOR THE LIFTER FEE.

Early Weigh-In Date: March 2, 2021
Early Weigh-In Time: 4:30 pm-6:00 pm.
Location: Gainesville High School Indoor, Gainesville, Tx

Weigh-In Date: March 3, 2021
Weigh-In Time: 6:30 am-8 am.
Location: Gainesville High School Indoor, Gainesville, Tx

Judges Meeting: 8:15 am
Coaches Meeting: 8:30 am
National Anthem: 8:55 am
Bars Loaded: 9:00 am (Flight 1) – 12:00 pm (Flight 2)

We will be presenting awards after each weight class is completed with competition. Superlatives will be given at the end of the meet.

Flight 1: Wt. Classes 97/105/114/123/132/148

Flight 2: Wt. Classes 165/181/198/220/259/259+

4 Platforms will be run

Each School will supply their own back spotter for all 3 lifts.

All Coaches and school support personnel must wear masks and abide by GISD Covid Guidelines

If you have any questions, please contact me @ (903) 819-1167 or kwilkerson@gainesvilleisd.org

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.

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
SHW – 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
SHW – 950