

THSWPA

Region 6 Division 1 & 2 2024 Letter

Coaches,

My email address is: kwilkerson@shermanisd.net if you have not received an email from me in the past please send me a message so I can add you to my contact list.

Here is some other information that might be helpful:

If you are hosting a meet I need to be notified and results need to be emailed to me by 4:00 p.m. on the Monday following your meet.

At least one member of the powerlifting coaching staff must be a certified judge through the girl's test accessible on boys website.

******IMPORTANT UPDATE FOR THE 2024 SEASON******

The THSWPA has announced that we are going to have an **Unequipped Division** this year, those details are posted on SportsYou and will be posted on the website soon.

Results:

We will only use the Power-Score system for the rankings again this year. This is a free download and is a very easy system to use at the meets. All meets must use this form and send it to me in this format. Results sent to me in any other format **WILL NOT** be included in the rankings.

Dues:

Boys and Girls dues are sent to different places so please inform your business department accordingly. State dues are \$100.00 and must be postmarked by February 1, 2024. Late dues will be \$200.00 and will only be accepted until February 13, 2024. Any dues postmarked past that date will be returned and your lifters will be disqualified from the Regional meet. Please make sure your business department is also aware of this deadline. Complete the registration form and send it along with payment to:

THSWPA

PO Box 3021

Brownsville, Texas 78523

(this is not the address for the Girls & Boys, make sure to mail TWO checks for your dues.)

Last Meet: The last qualifying date will be Saturday, February 17, 2024. All judges MUST be certified for a last qualifying meet. All results from the last qualifying date must be sent to me by midnight, February 17, 2024. **Weight class declarations must be made by 4:00 p.m. on Monday, February 19, 2024.** If I do not hear from you and you have a lifter who is in the top 12 in two weight classes she will be placed in the heavier weight class.

Equipped/Unequipped declarations must also be made by 4:00 p.m. on Monday, February 19, 2024.

Regional Meets:

6A @ Prosper High School - 2/28 Afternoon
5A Div 1 @ Sherman High School - 2/29 @ 5pm
5A Div 2 @ Prosper High School - 2/28 AM
4A Div 1 @ Decatur High School - 2/29 @ 4pm
4A Div 2 @ Decatur High School - 2/29 @ 4pm

State Meet: The state meet will be in Frisco March 13-16, 2024. More information to come on this ASAP.

3/13 AM - 1A/2A
3/13 PM - 6A
3/14 AM - 3A Small School
3/14 PM - 3A Large School
3/14 PM - Unequipped
3/15 AM - 4A Small School
3/15 PM - 4A Large School
3/16 AM - 5A Small School
3/16 PM - 5A Large School

Rule Clarifications:

The UPDATED Rule book is posted on the site.
All Changes will be Highlighted in yellow.

Qualifying for Regional and State Competition:

The top 12 lifters from each weight class will qualify for Regional competition. There are two ways to qualify for Regionals: be in the top 12 of your weight class for your UIL classification (1a/2a are considered the same) or, reach your weight class's automatic total.

There are two ways to qualify for State: place in the top two at Regional competition or, reach your weight class' automatic total at the Regional meet.

Finally, Coaches, Please have your kids sign up for the scholarships. Again this year the THSWPA will give 5 - \$1000 Scholarships per region. Very important that the scholarship packet is complete or it will not even be considered (all letters, application and transcript.)

Good Luck to you all and I hope to see you around at the meets.

If any rules questions or general concerns please Call or email me. (903) 819-1167 or kwilkerson@shermanisd.net

Kenny Willkerson
THSWPA State President
THSWPA Region 6, Director Division 1&2
Sherman High School

