



THSWPA

Texas High School Women's Powerlifting Association



GIRLS REGIONALS TUESDAY, FEBRUARY 25th 2025 PROSPER HIGH SCHOOL ARENA

**Bring the State and Regional release forms, drug testing affidavits,
and eligibility forms to Weigh-in.**

- Lifter fees are \$50.00 PER lifter and checks need to be made to :

• PROSPER ISD Attn: Powerlifting

- Top 12 lifters per weight class per division qualify.
- Weight declarations / equipped or unequipped: Monday, February 17th at 4 PM.
- Lifters with the top 12 qualifying totals as well as alternates must declare by this time or they will be assigned to the heavier weight class.
- Coaches become responsible for their lifter(s) entry fee at this time.

**Weight declarations / Equipped or Unequipped must be
submitted to Kenny Wilkerson
kwilkerson@shermanisd.net or (903) 819-1167**

MONDAY FEBRUARY 24th – Early Weigh-ins

- Weigh-ins start at 5:30pm and go till 7:00pm.
- No teams will be allowed in the building until 5pm
- You will weigh-in with your team. If the team is too many, we will split them up.
- If you get here before 4:00, drop your lifters off. Our parking lot is usually cleared out by 4:30.

**PARK ANY BUS OR LARGE VEHICLES IN THE
GRAVEL LOT NORTH OF THE SCHOOL.**

TUESDAY FEBRUARY 25th

**PLEASE PARK ALL BUS / LARGE
VEHICLES IN THE GRAVEL LOT
NORTH OF THE SCHOOL.**

ITINERARY

2:30 – 4:00 pm Weigh-ins
4:30 Coaches Meeting
4:55 National Anthem
5:00 Bars Loaded

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

- Awards will be given per weight class at the end of the meet.
- Lifters not currently lifting need to be in the stands.
- Please keep extra wrappers and lifters behind the tables.

6A	RACK 1	RACK 2	RACK 3	RACK 4
FLIGHT 1	97	123	165	220
FLIGHT 2	105	132	181	259
FLIGHT 3	114	148	198	259+

TICKET INFORMATION

- Tickets are available online through www.hometownticketing.com
- All Ticket Prices - \$5
- Spectators and competitors need to enter through the GYMNASIUM entrance on the southeast corner of the building

- Concessions will be offered and will be credit/debit only