



# REGION 6 - 4A Large & Small MEET INFO

# THSWPA

## Texas High School Women's Powerlifting Association

Coaches-

The following will be the itinerary for the THSWPA Region 6 – 4A Large and Small School Regional Powerlifting Meets, along with some reminders that might be helpful.

Please double check all of your lifters names, totals, and placings. Notify me of any changes that need to be made as soon as possible. **If Regional Director is not notified of scratches before 4:00 pm Monday March 21<sup>st</sup> the school is responsible for the entry fee**

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

The fee is \$35 per lifter.

### Both Large and Small School Early Weigh-Ins:

Early Weigh-In Date: Tuesday March 1st, 2022

Early Weigh-In Time: 5:00 pm – 6:30 pm

Location: Gainesville High School

### Small School Meet Info

Weigh-In Date: Wednesday March 2nd, 2022

Weigh-In Time: 6:30 am – 8:00 am

Location: GHS Indoor

Judges Meeting: 8:00 am

Coaches Meeting: 8:15 am

National Anthem: 9:00 am

Bars Loaded: 9:00 am

### Large School Meet Info

Weigh-In Date: Wednesday March 2<sup>nd</sup>, 2022

Weigh-In Time: 10:30 am – 12:00 pm

Location: GHS Indoor

Judges Meeting: 12:00 pm

Coach Meeting: 12:15 pm

National Anthem: 12:30 pm

Bars Loaded: 12:30 pm

### State Qualifying totals

97.5 - 550	165.5 - 825
105.5 - 625	181.5 - 850
114.5 - 675	198.5 - 875
123.5 - 725	220.5 - 900
132.5 - 775	259.5 - 925
148.5 - 800	SHW - 950

\* We will be presenting awards after each weight class is completed.

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 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.

Thank you,  
 Kenneth Wilkerson  
 Regional Director 6 Div 1 & 2  
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