

THSWPA

Region 6 Division 3 2024 Letter

Coaches,

My email address is: colton.henderson@bellsisd.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:

Meets must be certified through me via the Girls website if a girls only meet. If it is a co-ed meet it can be registered on either site just click that it is a co-ed meet. Results need to be emailed to me by 4:00 p.m. on the Monday following your meet. Remember any meet not certified through the website, will make the results Null and void. Please send me word if you are hosting a 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:

3AD1 and 3AD2: will compete in **Bells**, Saturday March 2nd and early weigh in will be Friday March 1, 2024 at Bells High School in the **Old Gym**. The entry fee this year will be \$35 per lifter and **checks will be made out to: Bells ISD (attention Powerlifting)**. Tickets at the door are \$5. We will send out more details as the meet gets closer.

1A/2A: will compete in **Bells**, Friday March 1st and early weigh in will be February 29, 2024 at Bells High School. The entry fee this year will be \$35 per lifter and **checks will be made out to: Bells ISD (attention Powerlifting)**. Tickets at the door are \$5. We will send out more details as the meet gets closer.

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

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) 284-0453 or colton.henderson@bellsisd.net

Colt Henderson
THSWPA Region 6, Director Division 3
Bells HS

