



**THSWPA**

## **Region VI, 1A/2A, 3ADI & 3ADII Powerlifting Championships**

**Date:** Friday, February 28, 2025 3ADI  
Saturday, March 1, 2025 1A/2A (AM)  
Saturday, March 1, 2025 3ADII (PM)

**Place:** Bells High School Gym  
1500 Ole Ambrose Road  
Bells, TX 75414

**Fee:** \$50 per lifter. Please bring your check with you. **MAKE CHECKS PAYABLE TO BELLS ISD**

**Who Qualifies:** Top 12 lifters per weight class per UIL classification.

### **Items needed at weigh-ins**

1. Entry Fee
2. Eligibility list signed by principal or superintendent
3. Regional and State Release
4. Drug Testing Affidavit
5. Scholarship applications, if you have any

**Last Qualifying Date:** Saturday, February 15<sup>th</sup> (Results must be submitted by midnight on the 15<sup>th</sup>)

**Declaration of weight class/Unequipped:** Monday, February 17 at 4 PM. Lifters with the top **twelve** 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. **Let me know ASAP if you have a qualified lifter that can't compete.**

Weight declarations/Unequipped must be submitted to me through email.

[colton.henderson@bellsisd.net](mailto:colton.henderson@bellsisd.net)

**Alternate Lifters:** Coaches are encouraged to bring lifters in the top 15 to the regional meet in case there are no-shows or lifters who don't make weight.

**No Shows:** Your school will be billed for athletes who qualify for the meet and do not compete. I need to know by weight declaration if a lifter will not be lifting.

**Admission:** \$5.00 Adult, \$3.00 Student (Children under 5 are free) All tickets will be purchased, with cash, at the door.

**Meal Tickets:** Our booster club will provide meal tickets for \$8 a piece, this would include: Breakfast- two tacos, banana, oj/water; or Lunch- hamburger or 2 hotdogs, chips and a drink. If you would like to purchase these please let me know ahead of time. For meal tickets, please make the check out to: **BELLS ATHLETIC BOOSTER CLUB**

Hopefully I have covered everything that you will need. If you have any questions please do not hesitate to contact me.

Colt Henderson

Cell - (940) 284-0453 Call or Text

[colton.henderson@bellsisd.net](mailto:colton.henderson@bellsisd.net)



# Meet Schedule

February 27th

**3AD1** Early Weigh In: 5:00 PM - 7:00 PM

February 28th

**3AD1** Weigh In: 2:00 PM - 4:00 PM  
 Judges Meeting: 3:45 PM  
 Coaches Meeting: 4:00 PM  
 National Anthem & Bars Loaded: 4:30 PM

February 28th

(Elementary Gym)

**3AD2** Early Weigh In: 4:00 PM - 6:00 PM  
**1A/2A** Early Weigh In: 5:00 PM - 7:00 PM

March 1st

**1A/2A** Weigh In: 6:30 AM - 8:00 AM  
 Judges Meeting: 8:00 AM  
 Coaches Meeting: 8:15 AM  
 National Anthem & Bars Loaded: 8:30 AM

March 1st

**3AD2** Weigh In: 12:00 PM - 1:30 PM  
 Judges Meeting: 1:30 PM  
 Coaches Meeting: 1:45 PM  
 National Anthem & Bars Loaded: 2:00 PM

Thursday Platforms	1	2	3	4
<b>3AD1</b>	114, 165	97, 123, 220	105, 132, 181, 242	148, 198, 242+

Saturday Platforms	1	2	3	4
<b>1A/2A</b>	123, 220, 242+	105, 132, 198	148, 181	97, 114, 165, 242
<b>3AD2</b>	97, 123, 198	114, 148, 220	132, 165, 242+	105, 181, 242

\*Platform assignments are subject to change if we have a drastic change in the number of lifters in the smaller and larger weight classes.





# PANTHER CONCESSIONS

## Foods

Breakfast Taco	\$3
Nachos	\$3
Hot Dog	\$2
Hamburger	\$5
Boujee Box	\$8
Pretzel	\$3
chips	\$2
candy	\$2
Smoothie Bar	\$6
Honey Shot	\$1
Ice cream	\$3

## Drinks

soda	\$2
Sweet Tea	\$2
Gatorade	\$3
water	\$2
Juice	\$2

## Specials

Breakfast Meal Deal	\$8
2 Tacos, banana, & juice	
Lunch Meal Deal	\$8
Hamburger, chips, & drink	
2 Hot Dogs, chips, & drink	