| http://thswpa.com/images/THSWPA_small.jpg | | **T H S W P A** Texas High School Women's Powerlifting Association | | --- | |  |
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**Region 2 1A-6A Unequipped**

Coaches-

The 2025 THSWPA Region 2 1A-6A Unequipped Powerlifting Meet will be held at Del Valle HS, on Thursday, February 27th from 6-10 pm.

**Admission: $5.00 NO PASSES WILL BE ACCEPTED**

**Checks for the lifter fees need to be made out to Del Valle Athletics c/o Powerlifting. The fee is $50 per lifter. No refund if your lifter fails to make weight. If paying with cash, please have the exact change. Must pay prior to meet or the day of the meet. NO IOU’s. PLEASE DO NOT INCLUDE MEAL MONEY WITH ENTRY FEES.**

**Location: Del Valle High School, 5201 Ross Road Del Valle TX 78617**

**Early Weigh-In Date: Wednesday, February 26th, 2025**

**Early Weigh-In Time: 5:00 pm-7:00 pm.**

**Weigh-In Date: Thursday, February 27th, 2025**

**Weigh-In Time: 3:00 pm-5:00 pm**

**Coaches Meeting: 5:45 pm**

**Judges Meeting: 6:00 pm**

**National Anthem: 6:10 pm**

**Bars Loaded: 6:15 pm**

**5 PLATFORMS - 2 FLIGHTS**

**EVERY SCHOOL WILL BE ISSUED 3 COACHES BANDS. NO ADDITIONAL BANDS WILL BE GIVEN OUT YOU MUST HAVE A BAND TO REMAIN ON THE FLOOR. THIS WILL INCLUDE “MANAGERS” ANYONE WITHOUT A BAND WILL BE ASKED TO LEAVE THE FLOOR AND PAY FOR ADMISSION!**

**ALL WARMUPS WILL TAKE PLACE IN THE AUXILIARY WEIGHT ROOM LOCATED BEHIND THE GYM NO WARMUPS WILL BE HELD ON THE PLATFORM. THE JUDGES WILL DICTATE HOW LONG IT TAKES BETWEEN FLIGHTS AND EXPECT A 5-10MIN TRANSITION IN ORDER TO KEEP MOVING.**

**JUDGES WILL BE ENFORCING UNIFORM RULES. LIFTERS MUST LIFT IN AN APPROVED LIFTING SINGLET AT REGIONALS PLEASE NOTE THAT THE INZER “Z” SUIT & CHAMPION SUITS ARE BOTH SQUAT SUTIES AND WILL BE INELIGABLE FOR COMPETITION!**

**PLEASE READ YOUR RULE BOOK.**

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).

The last qualifying date will be Saturday, February 15, 2025. 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 15, 2025. **Weight class and Equipped/Unequipped declarations must be made by 4:00 p.m. on Monday, February 17, 2025**. 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. **Also, at this date and time, each school becomes responsible for the entry fee for each lifter they have qualified.**

-Lifters must be weighed nude or in underwear and/or bra. Jewelry, glasses, metal, hair accessories, wet hair, and any clothing not previously stated are strictly forbidden. If a question exists regarding weight of undergarments, the lifter may be requested to reweigh in the nude.

-**There will be no one allowed in the weigh-in area except Weigh-In Officials.**

**-**Lifters who rank in the top twelve totals or reach the Regional qualifying total at an Invitational Meet, for their weight class in each region and in each classification class 1A-6A will be competing together at one time. Rankings are listed and certified by the T.H.S.W.P.A. Regional Directors. The top 2 lifters per weight class in each will advance to the State Meet, along with any lifters who meet the State Qualifying Total at the regional meet.

**-** Lifters may only compete in the weight class in which they qualify at the official weigh-in at all meets including Invitational, Regional and State. At the Regional and State meets, lifters must compete in their declared and qualified weight class. Failure to make proper weight will eliminate the lifter from all competition.

**-**A lifter who qualifies for the Regional Meet may qualify for the State Meet by 1) either finishing first or second in her weight class, 2) by posting a qualifying total for her class as follows or 3) by qualifying within the “top 2 rule by classification”. (Ex. At Regionals, if the top 2 finishers in a weight class are 4A-I, the top 2 4A-II girls, regardless of place, would go to State to represent their 4A-II Region).

Regional Qualifying totals State Qualifying totals

97.5 - 515 97.5 - 550

105.5 - 585 105.5 - 625

114.5 - 635 114.5 - 675

123.5 - 675 123.5 - 725

132.5 - 720 132.5 - 775

148.5 – 775 148.5 - 800

165.5 - 785 165.5 - 825

181.5 – 810 181.5 - 850

198.5 – 830 198.5 - 875

220.5 – 865 220.5 – 900

259.5 - 890 259.5 - 925

SHW – 915 SHW – 950

Regional Meet tee shirts will be available to purchase through Gandy Ink purchase online using the link provided.

Any questions? Contact me at [andrew.allen@dvisd.net](mailto:andrew.allen@dvisd.net) or 512-233-9694

Andrew Allen

THSWPA

Region 2 Director Division 1

Del Valle HS