



## **THSWPA 2025 REGION 3 DIVISION 2 4A SMALL POWERLIFTING MEET**

**LIFTING VENUE: PINE TREE HIGH SCHOOL PIRATE CENTER 1005 W. Fairmont St.  
Longview, TX. 75604**

**EARLY WEIGH IN WEDNESDAY (Feb. 26<sup>th</sup>) 5:30 TO 7:00 PM**

**THURSDAY WEIGH IN (Feb. 27<sup>th</sup>) 11:30 TO 1:00 PM**

**LUNCH BREAK & SETUP: ONE HOUR AFTER AWARDS FOR 4A LARGE MEET (EVENT STAFF ONLY)**

**(ALL TIMES ARE TENTATIVE)**

**COACHES MEETING 2:00 PM**

**JUDGES MEETING 2:10 PM**

**NATIONAL ANTHEM 2:20 PM**

**BARS LOADED 2:30 PM**

**HAVE PAPERWORK FOR EACH LIFTER AND ALTERNATE. REGIONAL RELEASE FORMS, ELIGIBILITY FORMS AND DRUG FORMS CAN BE FOUND ON THE THSWPA.COM WEBSITE.** THESE FORMS WILL NOT HAVE TO BE REDONE FOR STATE MEET UNLESS YOUR SCHOOL COMPLETES A GRADING PERIOD BETWEEN THE REGIONAL AND STATE MEETS, THEN YOU WILL NEED A NEW ELIGIBILITY FORM. **SCHOLARSHIP APPLICATIONS: IF YOU HAVE A SENIOR YOU WANT TO SUBMIT FOR A CHANCE AT A SCHOLARSHIP...IT MUST BE TURNED IN AT WEIGH-IN OR THE DAY OF THE REGIONAL MEET. WILL BE GIVING OUT 5 SCHOLARSHIPS at the STATE MEET.** (Make sure the each lifters application and information are in their own individual envelope when they are turned in)

**ENTRY FEE IS \$50.00 PER LIFTER. MAKE CHECKS PAYABLE TO: PINE TREE ISD ATHLETIC DEPARTMENT.**

**BRING EXTRA CHECK OR CASH FOR ALTERNATE LIFTER(S).**

**NO REFUNDS. NO CHANGE**

**DO NOT MAIL CHECKS. BRING CHECKS WITH YOU.**

CONTACT ME WITH SPELLING CORRECTIONS SO I CAN ELIMATE DOUBLE ENTRIES AND CLARIFY ALTERNATES. [Rportley@ptisd.org](mailto:Rportley@ptisd.org)

IF YOU HAVE A LIFTER THAT IS NOT GOING TO PARTICIPATE IN THE REGIONAL MEET IT WAS YOUR RESPONSIBILITY TO NOTIFY ME **BY MONDAY, FEBRUARY 17, 2025**, SO I CAN NOTIFY THE ALTERNATE. YOUR SCHOOL WILL BE CHARGED FOR ANY LIFTER THAT DOES NOT SHOW.

JUDGES WILL BE ENFORCING UNIFORM RULES.

PLEASE READ YOUR RULE BOOK. **2 BUMPS ARE ALLOWED. READ THE BUMP RULE. VIDEO OF A LIFT WILL NOT BE REVIEWED.**

**THE LIFTER'S CARD IS THE OFFICIAL SCORING DOCUMENT. HAVE LIFTERS REPORT NEXT LIFT TO TABLE WORKERS AND VERIFY PREVIOUS LIFTS AT TABLE. WE CANNOT CHANGE RESULTS BASED ON YOUR RECORDS. WE CAN PULL THE CARD AND VERIFY IF IT WAS ENTERED CORRECTLY INTO THE COMPUTER.**

**In order to make this meet flow as quickly and effectively as possible we are going to run this meet at the pace of the State Meet:** This means each platform will run according to the judges and their time. They will have a break after squat and bench press to grab something to eat/use the restroom & we get the table ready for Deadlift. This break will last no longer than 15 minutes.

**PLEASE NO OUTSIDE FOOD IN THE GYM**

**Dinner Deal – 7.00 (Slim Chicken Sandwich, Chips, Candy, Drink)**

**Meal Deal Checks are made Payable to: Pine Tree Athletic Department**

**IF YOU PLAN ON GETTING MEAL DEALS I NEED THE NUMBER OF MEALS BY FRIDAY February 21, 2025 BY 12:00PM**