



THSWPA

Texas High School Women's Powerlifting Association

Coaches-

The following will be the itinerary for the **THSWPA Region 4 Division 1 5A Powerlifting Meet**, along with some reminders that might be helpful. There is a bunch of information so please read completely.

Please double check all of your lifter's names, totals, and placings. Notify me of any changes that need to be made as soon as possible.

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

The fee is \$50 per lifter.

Early Weigh-In Date: Monday February 24th, 2025
Early Weigh-In Time: 4:00 pm – 6:00 pm
Location: Alvin High School Competition Gym

Weigh-In Date: Tuesday February 25th, 2025
Weigh-In Time: 6:00 am – 7:30 am
Location: Alvin High School Competition Gym

Judges Meeting: 7:40 am

Coaches Meeting: 8:00 am

National Anthem: 8:25 am

Bars Loaded: 8:30 am

We will be presenting awards after the competition is completed.

<u>Regional Qualifying totals</u>	<u>State Qualifying totals</u>
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
242.5 - 890	242.5 - 925
242+ - 915	242+ - 950

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 to the Regional Director which class she intends to compete in at the Regional level. Must also declare equipped or unequipped if lifted in both. **This declaration must be made by Monday February 17, 2023 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. Also, at this date and time, each school becomes responsible for the entry fee for each lifter they have qualified.

Bring payment with you to weigh-ins. If your district is not able to cut check in time please bring district verification of payment being mailed to Alvin ISD Athletic Department.

-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 division, will qualify for Regional Meets, as well as those that hit the regional total. Top 12 5A Large, and Top 12 5A Small will qualify. Rankings are listed and certified by the T.H.S.W.P.A. Regional Directors.

- 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 listed above or 3) by qualifying within the "top 2 rule by classification". (Top 2 5A Large, top 2 5A small).

Fine Designs will be at the meet selling THSWPA Region 4 Division 1 merchandise that can be made to order. Spectator tickets can be purchased through gofan on Alvin ISD Athletic Website.

You can order meals in advance by emailing pshimek@alvinisd.net. She will be offering a \$15 box meal with drink from chick Fil A or other meal options. There will be a concession stand as well.

There will be a hospitality room for Coaches. As always if there are any questions please don't hesitate to call or email!

Thank you,

Joe Casas

Region 4 Division 1 Director

(432)202-5029 jcasas@alvinisd.net

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