-The Regional Meets will be in Bay City. Class 2A and Unequipped will be on Thursday, February 27th, Class 3A will be on Friday, February 28th. and 4A will be on Saturday, March 1st.

Some info about the regional meet:

 \*Entry Fee: Will be $50.00 per lifter, checks made out to Bay City Powerlifting

 Payment needs to be **brought with you**, do not have it mailed.

\*Early Weigh in will be the night before your meet. Regular weigh in will be from 6:00-7:30 a.m. on the day of your meet for the morning session and 11:30-1:00 for the afternoon session.

\*Eligibility sheets and Releases must be provided on all your lifters. These forms are found

on the home page of the web site. A lifter will not lift in the Regional Meet without an eligibility and release form.

-I will send out an email with all the specifics about the regional meet after next weekend. I just wanted to touch on some issues.

-Please let me know ASAP of any corrections to spellings of names.

Well that is all for now. The big issue after the LQM will be the declarations. Please do not forget to email me and let me know where you want your lifter to be placed. 5A and 6A Unequipped can email Coach Casas, Declarations and Spelling Corrections.

Good luck to all and please let me know if there are any questions or if I can be of any help.

Arnesen