

Region 6 5A Division 2 Regional Powerlifting Meet

February 28, 2025

Early weigh ins: 5-7

Place: Wichita Falls Legacy High school
3003 Henry S. Grace Freeway
Wichita Falls, TX

March 1, 2025

Weigh ins: 6:30-8

Rules: The meet will be conducted under the rules and regulations of the THWSPA.

Schedule: Weigh-in 6:30-8 am
Coaches Meeting 8:30 am
Judges Meeting 8:45 am
National Anthem 8:55 am
Bar's loaded 9:00 am
We will have 3 flights,

	Platform 1	Platform 2	Platform 3	Platform 4
Flight 1	97	123	165	220
Flight 2	105	132	181	242
Flight 3	114	148	198	242+

Flight's could change depending numbers

\$50 per lifter. Make checks out to Legacy Leopard football booster club.

Contact: Email: bdavison@wfid.net
Cell Phone: 940-631-5697