



TEXAS HIGH SCHOOL POWERLIFTING ASSOCIATION

Sam Wells, President
J. Jensen, Vice President
Ted Patton, Secretary
Brad McCone, Business Manager

Dear Coaches,

Congratulations are in order for any school who has qualified a lifter or lifters to compete in the THSPA State Championships in Abilene, Texas. The THSPA Executive Committee met on March 11th to finalize details and provide for the most organized and competitive powerlifting meet of the 2018 season. The following will be of interest to you as you plan your trip to Abilene.

DATE: March 24, 2018

PLACE: Taylor County Expo Center
1700 Hwy. 36
Abilene, TX 79602

FEE: **\$35** per lifter, to be paid at the time of registration. Make checks out to **THSPA**

THINGS to BRING:

1. Entry fee
2. Eligibility list signed by your principal or superintendent
3. State Meet Release Form
4. Drug Testing Affidavit

The forms can be found under the documents section of the website

SCHEDULE:

Friday, March 23 rd	Registration/Packet Pickup	4:00 PM
	Early Weigh-in	4:30 – 6:00 pm
Saturday, March 24 th	Weigh-in	6:30 – 8:00 am
	Doors Open to Public	7:30 AM
	Judges/Coaches Meeting	8:00 – 8:30 am
	Opening Ceremonies including Scholarship Winners	8:30 – 8:40 am
	Bars Loaded	8:45 AM

Lifters may weigh-in at either scheduled weigh-in. In the event that a lifter does not make weight at the Friday weigh-in, he will have an additional opportunity to weigh-in on Saturday morning. The weigh-in on Saturday morning is held inside the Expo Center. Once a lifter has made his weight class, his expeditor card will be taken from him and no further weighing will be necessary nor will any changes of his opening lifts be allowed.

ALTERNATE LIFTERS: There will be no alternates moved up in the standings after Monday, March 12th at 4:00 pm.

PLATFORM and FLIGHTING INFORMATION:

	DIVISION 1				
	Platform 1	Platform 2	Platform 3	Platform 4	Platform 5
Flight 1	114	148	181	220	275
Flight 2	123,132	165	198	242	SHW

	DIVISION 2		
	Platform 6	Platform 7	Platform 8
Flight 1	114 – 123	165 – 181	242-275
Flight 2	132 – 148	198 – 220	SHW

	DIVISION 3		
	Platform 9	Platform 10	Platform 11
Flight 1	114 – 123	165 – 181	242-275
Flight 2	132 – 148	198 – 220	SHW

We will move flights during the deadlift if we see that the need arises to help expedite to meet.

DIRECTIONS to the TAYLOR COUNTY EXPO CENTER:

From Fort Worth-follow I-20 west to Abilene and take Exit 290 Loop 322. Turn left on Loop 322 and follow to exit for Hwy 36/Zoo/Airport/Expo Center. Turn right on Hwy 36 which is also East S. 11th. The Expo Center will be on the left side of Hwy 36/E.S. 11th. The Expo Center is located at the corner of Hwy 36 and Loop 322.

From El Paso/Midland/Lubbock- Follow I-20 east to Abilene and take Exit 290 Loop 322. Turn right on Loop 322. Turn right on Hwy 36 which is also East S. 11th. The Expo Center will be on the left side of Hwy 36/E.S. 11th. The Expo Center is located at the corner of Hwy 36 and Loop 322.

From Highway 277- Hwy 277 turns into S 14th Street. Stay on S.14th until you reach Treadaway and take a left onto Treadaway. Stay on Treadaway until you reach E.S. 11th and turn right on E.S. 11th. Stay on E.S. 11th until you reach the Expo Center on your right. The Expo Center is located at the corner of Hwy 36 and Loop 322.

From Highway 83/84- Follow Hwy 83/84 north to Abilene and exit Loop 322 toward the Airport. Exit at Hwy 36/Zoo/Airport/Expo Center. Turn left on Hwy 36 which is also E.S. 11th Street. The Expo Center will be on the left side of Hwy 36/E.S. 11th. The Expo Center is located at the corner of Hwy 36 and Loop 322.

From Highway 36- Stay on Hwy 36 until you reach Abilene. The Expo Center is at the corner of Hwy 36 and Loop 322 on your left.

MISCELLANEOUS INFORMATION

ADMISSION: All tickets are \$5 for ages 5 and up. Tickets can also be purchased ahead of time by going to www.taylorcountyexpoctr.com. Tickets ordered online will be held at Will Call.

WRISTBANDS: All coaches, wrappers, and support staff will be required to wear a wrist band for admittance on the floor. The formula for the number of wristbands is the Number of Lifters Qualified + 1 with a maximum of four wristbands. Lifters will only need their lifter number and will not require a wristband. No additional wristbands will be given or sold. Please keep these limitations in mind as you make plans for the meet and how many assistant coaches, wrappers, and support staff you are planning to bring.

FOLDING CHAIRS: Folding chairs will not be permitted on the floor of the arena during lifting.

CONCESSIONS: Amacore Concessions will be providing Meal Deals for your lifters this year. They will be selling tickets during the Registration/Package pickup time on Friday and during the weigh-in time on Saturday. **Please make your checks out to Amacore.** A Meal Deal will consist of a pulled pork sandwich, plus chips and a drink for \$7.00.

T-SHIRTS: State meet shirts and attire will be for sale. T-shirts will be \$20 and available on Friday and Saturday.

Hopefully this letter covers everything that you will need for the State meet. If you have any questions, please contact me or your Regional Director.

Congratulations and Good Luck,

Sam Wells
THSPA President