

# Region 1, Divisions 2 & 3

Coaches,

The following is some important information regarding the 2021 Powerlifting season.

**Contact Information** - If you have not already done so please fill out the coaches contact information sheet that is posted under the Region 1, Division 2 & 3 heading on the state website. I will formulate a mass email list from this to use throughout the season to share important information.

**State Website** - [www.thspa.us](http://www.thspa.us) – has all the information you should need including the rulebook, regional standings, where you can get your free copy of Powerscore if you are hosting a meet and other important information.

**THSPA Membership Dues** - The THSPA membership form is located on the state website and all dues must be postmarked by January 18, 2021. Any school that competes in a meet must be a member in good standing in order for its team and the meet results to count towards the regional standings.

## **Important Dates:**

January 18 - THSPA Dues must be postmarked by this date (form is on the state website)

February 27 - Last qualifying date (*results on this day must be received by midnight*)

March 1 - 4:00 pm Weight declarations for lifters qualified in two weight classes

March 8-13 - Regional Meets in Sundown (More info to follow with exact dates)

March 27 - State Meet – Taylor County Expo Center, Abilene, TX

**Invitational Meets** - If you are hosting a meet **YOU MUST** certify the meet using the online meet registration link that is located on the state website. Please do not certify your meet until you know what teams are competing and what judges you will be using. Just because it's certified does not mean results will automatically be accepted and posted. Make sure you follow the 2021 guidelines for meets and the number of schools/lifters allowed. Also, if you host a meet you must use Powerscore to score the meet. It is provided free of charge and can be found on the state website.

**COVID Guidelines** - Please check the state website for the guidelines regarding these protocols. If you have questions or concerns please just let me know.

**Regional Standings** - these will automatically update as I post meet results each week. Please check these each week and if there are errors in the spelling of your lifters names please send me an email so I can get those corrected.

**Regional Meet** - These will take place the week of March 8-13. I will send the exact dates once I have those finalized. There will be early weigh-ins the day before each meet. More information will follow later.

If I can be of any assistance to you or your athletes in any way this season, please just let me know.

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