

Region 1, Divisions 3 & 4

Coaches,

The following is some important information regarding the 2022 Powerlifting season.

Contact Information - If you have not done so already, please send me an email with your contact info. I will formulate a mass email list to use throughout the season to share important information.

State Website - 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 24, 2022. 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 24 - THSPA Dues must be postmarked by this date (form is on the state website)

February 26 - Last qualifying date (*results on this day must be received by midnight*)

February 28 - 4:00 pm Weight declarations for lifters qualified in two weight classes

March 10 - Division 4 - Regional Meet in Sundown

March 12 - Division 3 - Regional Meet in Sundown

March 25 - Division 4 - State Meet – Taylor County Expo Center, Abilene, TX

March 26 - Division 3 - 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. Just because it's certified does not mean results will automatically be accepted and posted. You must make sure you follow all rules regarding the number of teams, lifters and certified judges. Dual, tri and quad meets are legal this year until the last qualifying weekend. Meets held the week of the last qualifying date must have 7 schools and at least 50 total lifters, and only 11 lifters from 1 school can count towards that number of 50. 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.

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 on March 10 and 12. 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.

Barry Newton

Sundown High School

THSPA Regional Director Region 1, Divisions 3 & 4

THSPA Secretary

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