

The Region 3 Division 1 Regional Meet will be on

**Wednesday March 4, 2020** at **Pine Tree Pirate Center, Longview, Tx.**

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* **Lifting**
	+ - Begins as close 4:00 PM as possible depending on when judges can make it.
* **Platforms**
	+ There will be 5 platforms.
* **Bring with you:**
	+ - [Eligibility Form](http://www.thspa.us/Documents/Eligibility.pdf) - Signed by your Principal or Superintendent
		- [Scholarship Application](http://www.thspa.us/Documents/Scholarship.pdf) (Optional) For senior lifters who would like to be considered for a $1,000 scholarship to help with college expenses.
		- Check for **$35.00 per lifter** payable to: **Whitehouse Athletics-Powerlifting**

***\*Your school becomes responsible for your lifter(s) entry fee at 4:00 p.m., Monday, Mar 2nd.*** *Please notify me on or before the deadline if your lifters can’t compete or you will be responsible for their entry fee.*

***\*No payment is necessary for alternates.***

* **Alternates**
	+ - If you have lifters ranked in the top 20, bring them with you as there may be no-shows or lifters who do not make weight.
* **Weigh In**
	+ - Tuesday early weigh in: 5:00 to 6:30 P.M.
		- Wednesday afternoon weigh in: 2:00 to 3:30 P.M.
* **Coaches / Judges Meeting**
	+ - 3:30
* **Admission**
	+ There will be admission charged at the door.
* **T-shirts**
	+ - Meet shirts will be available
* **Supper**
	+ - There will be a supper served for the coaches.
		- Meals for the athletes: The cost will be **$6.00 each**. Make checks for athlete’s lunches **payable to Pine Tree Athletics**. There will also be a concession stand.