



The Region 3 Division 1 Regional Meet will be on
Thursday, March 7, 2019 at Robert E. Lee HS, Tyler, TX.

- **Lifting**
 - Begins at 4:30 PM in the K Gym (Map attached)
- **Platforms**
 - There will be 4 platforms, and no flights.

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

- **Bring with you:**
 - [Eligibility Form](#) - Signed by your Principal or Superintendent
 - [Scholarship Application](#) (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: **Tyler Lee Powerlifting***
**Your school becomes responsible for your lifter(s) entry fee at 4:00 p.m., Monday, Feb 25th. 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**
 - Wednesday, March 6 - early weigh in: 4:30 to 6:00 P.M. K-Gym
 - Thursday, March 7 - afternoon weigh in: 2:30 to 4:00 PM. K-Gym
- **Coaches / Judges Meeting**
 - 4:00
- **Admission**
 - \$5.00
- **T-shirts**
 - \$20.00 each or 2 for \$15.00
- **Supper**
 - There will be a supper served for the coaches.
 - Meals for the athletes: **Please notify me by e-mail at john.patton@tylerisd.org how many meals you will need**
 The cost will be **\$6.50 each**. **Make checks for athlete's meals payable to: Tyler Lee Powerlifting. Checks for meals and entry fees may be combined.**



SCHOOL SCHEDULE

Duration
47
50*
47
47
47
47

