# http://www.thspa.us/images/THSPA%20Logo%206.JPG

Coaches,

The regional meet is rapidly approaching. Please read the following closely as it should answer most of your questions.

WHERE:

**Lindale High Gymnasium** – 920 East Hubbard Lindale, Texas 75771

WHEN:

**Friday March 6th**

* **Early weigh in** - Lindale High School –5:00 - 6:30 p.m.

**Saturday March 7th**

* **Weigh in** - 6:30 – 8:00 a.m.
* **Coaches meeting** - 8:30 – 8:45
* **National Anthem**- 9:00- Lifting begins

ENTRY FEE:

$30.00 per lifter – Checks should be made out to Lindale High School Booster Club and turned in before competition

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

ADMISSION:

Adults- **$ 5.00**                          Students- **$3.00**

THSPA FORMS:

Copies of the [Eligibility Form](http://thspa.us/Documents/TEXAS%20HIGH%20SCHOOL%20POWERLIFTING%20ASSOCIATION%20Eligibility.pdf) and [Release Form](http://thspa.us/Documents/TEXAS%20HIGH%20SCHOOL%20POWERLIFTING%20ASSOCIATION%20release.pdf) must be turned in prior to the competition. The forms can be found in the Documents section of THSPA website at thspa.us

LAST QUALIFYING DATE:

February 28th is the last date to qualify for regional competition.  Meet Results from the last qualifying date should be sent to me by midnight that night or the results will not be accepted

WEIGHT DECLARATIONS:

Weight Declarations must be made for your athletes by Monday at 4 p.m., March 2nd 2014. If you do not make a declaration by that time, any lifter in question will be placed in the heavier weight class.

NOTIFICATION OF QUALIFIERS:

Regional qualifiers will be posted on [thspa.us](http://www.thspa.us/Default.aspx) on Monday March 2nd.

* *If you have a lifter who will not be able to attend the meet, I must receive notification before the final list of qualifiers are posted on the 2nd.*

SCHOLARSHIP APPLICATION:

The [scholarship application form](http://thspa.us/Documents/Scholarship.pdf) can be found in the documents link of the THSPA website. Please Nominate lifters who meet qualifications described in rulebook**. (These should be turned in at registration before lifting.)**

MEALS AND CONCESSIONS:

The cost of a lunch meal deals is $6.00.In addition to our meal deal, a concession stand will be available. A hospitality room will be provided for all coaches.

STATE MEET INFORMATION:

The state meet will be held on March 28th at the Taylor County Expo Center in Abilene. If you have any other questions please contact me.

Good luck

Sincerely,

Joe Ryzman

Email: ryzmanjj@lisdeagles.net

Work Phone: (903) 881-4055

*\*\*See Lindale hotel information below*

Lindale Hotel Information

**COMFORT SUITES**

200 W. Centennial Dr.

Lindale TX 75771

903-882-8613

**LA QUINTA INN & SUITES**

204 CENTENNIAL BLVD.

LINDALE, TX 75771

903-882-1600

**HAMPTON INN**

3505 South Main Street

Lindale TX 75771

(903) 882-1002

**Best Western**

Lindale Restaurants

WING STOP

CHILI'S

INTERNATIONAL HOUSE OF PANCAKES

WHATABURGER

KFC/LJS

CRACKER BARREL

POSADOS CAFE'

EASTERN BUFFET

PETTY'S RESTAURANT

El LUGAR

DAIRY QUEEN OF LINDALE

KFC/LJS

CHICKEN EXPRESS

MCDONALDS

BURGER KING

PIZZA PASTA AND AMORE

PIZZA HUT

SONIC DRIVE INN

SUBWAY

WENDY'S OLD FASHIONED HAMBURGERS