**THSPA Region 3, Division 1**

Coaches,

Below is some important information regarding the 2021 powerlifting season:

**Membership Dues**

* Amount- $75- Made out to THSPA
* Deadline- Must be postmarked January 21, 2021
* Late Dues- $200 if not postmarked by January 21, 2021. If not paid, lifters will not be able to compete at the Regional Meet.
* Mailing Address- T.H.S.P.A

 Box 1072

 Crowley, TX 76036

**Communication**

* All information including Regional rankings will be placed on the THSPA website. [www.thspa.us](http://www.thspa.us).
* Please send me your information:

- School Name and Phone Number

- School Fax

- Powerlifting Coach

- Coach’s cell # and e-mail

**Invitational Meets**

* If you are hosting a meet, you must get the results to me by 4:00 pm on the Monday following the meet. Make sure that your meet follows all guidelines to be counted as a legal meet. The meet **must be** certified through me for results to count for Regional standings. This will be done through the website. There is a meet registration link for you to input all of your meet information on the THSPA website. **You must use Powerscore to score your meet.** It is provided free of charge through the THSPA website. It is your responsibility to tell the person hosting the meet to send the information, especially if you lift at a meet outside of the region.

**Dates**

* **January 21st** - THSPA dues must be postmarked
* **February 27th** - Last Qualifying Date. If you host a meet you must have results in by 12:00 midnight.
* **Monday, March 1st** - Weight declarations for double qualified lifters- by 4:00 pm
* **Saturday, March 27th** - State Meet - Taylor County Expo Center, Abilene, TX

**Rulebooks**

* Rulebooks can be found on the THSPA website. They can be downloaded from the website.
* You will see on the website that the knee wrap suits have NOT been approved for boys competition.

**Regional Standings**

* Each week I will post the totals on the THSPA website. If there are any mistakes or misspellings, please let me know.

**For 2021, the following guidelines will be in effect for all THSPA meets:**
  1.  Any equipment contacted by the lifter (bar, bench, etc.) will be disinfected between lift attempts.
  2.  Face coverings must be worn by lifters (between lifts), judges, spotters/loaders, table workers and support staff.
  3.  Schools must provide their own back-spotters for squat and bench press.
  4.  Schools must provide their own chalk.
  5.  Provide hand sanitizing stations at each platform.
  6.  Check temperature at weigh-in.
  7.  Discourage the sharing of lifting attire.
  8.  Follow any additional guidelines from your school district and/or local government entities.
  9.  Invitational meets must have a minimum of 2 teams and a max of 8.  Also, a minimum of 14 lifters and a max of 96.
 10. All judges in dual, tri or quad meets must be certified.

**Weight Class Addition:**

THSPA has added a 308-weight class (full team is now 12 lifters)

**Weigh-In**

Weigh-in must be extended by 30 minutes to accommodate lifters during COVID. Weigh-in will now be 2 hours instead of 90 minutes.

**Qualifying Totals:**

The Automatic Qualifying Total has been eliminated for the 2021 season. In order to qualify for State this year lifters must place either 1st or 2nd at the Regional Meet.

I will send out more info on the Regional Meet in the near future. Good luck this season. If you have any questions, comments, or concerns, please do not hesitate to contact me.

Sincerely,

**Evan Beaton**

**Whitehouse High School**

**Director Region 3, Division 1**

**Cell #: 903-530-0592**

**E-mail: beatone@whitehouseisd.org**