

The Region 3 Division 2 Regional Meet will be on

**March 9, 2017** at **Malakoff HS, Malakoff TX.**

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* **Lifting**
  + - Begins at 4:00 PM.
* **Platforms** 
  + - There will be 4 platforms, and no flights.

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

* **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 **$30.00 per lifter** payable to: **Malakoff Athletics**\*

***\*Your school becomes responsible for your lifter(s) entry fee at 4:00 p.m., Monday, Feb 27th.*** *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 early weigh in: 5:00 to 6:30 P.M.
    - Thursday afternoon weigh in: 1:30 to 3:00 PM.
* **Coaches / Judges Meeting**
  + - 3:30
* **Admission**
  + - $5.00
* **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 Malakoff Athletic Boosters**. There will also be a concession stand.