**Region 3 Division 2 Regional Powerlifting Meet**

**When:** Thursday, March 5, 2020

Lifting begins at 4:00 PM

Early Weigh-in: 5:00 PM to 6:30 PM March 4, 2020

(Alternates will be allowed to weigh in early also)

Thursday afternoon weigh-in: 1:30 PM to 3:00 PM

Coaches and Judges meeting 3:30 PM

**Where:**  Henderson High School Student Activity Center (the indoor)

1900 Hwy 64 W Henderson, TX 75652

**Who:** Lifters who qualify by achieving a total at an Invitational Meet that ranks in the top twelve of his weight class by the last qualifying date.

Last qualifying date: Saturday, February 29

**Results of meets held on this date must be turned into me by midnight.**

Weight Declaration Deadline: Monday, March 2 at 4 PM

Lifters with the top **twelve** qualifying totals as well as alternates must declare by the time or they will be assigned to the heavier weight class. Coaches become responsible for their lifter(s) entry fee at this time. **Let me know ASAP if you have a qualified lifter that can’t compete.**

Please remember that the top twelve totals in each weight class qualify, as well as any ties at the 12th spot.

Coaches are encouraged to bring lifters in the top 20 to the regional meet in case there are no-shows or lifters who don’t make weight.

**Bring:** 1. Drug Testing Affidavits

2. Release Form

3. Eligibility Form

4. Scholarship Application and any required materials. (one candidate per school)

All of these forms can be found on the website: THSPA.US

5. Entry Fees--$35 per lifter, cash or check, make checks payable to **HHS Football**

**Booster Club.**  Make sure to bring check or cash with you.

**Supper:**

There will be a supper served for the coaches.

Meal Deals for athletes will be available at the cost of $6 and will include:

1. Brisket sandwich (Sadler’s brisket)

2. Water

3. Chips

4. Candy bar

Make checks for athlete’s lunches payable to **HHS Football Booster Club**

**Make sure to bring check or cash for meals, as there will be no “charging”**

**Admission:** $5

**Additional information:**

No outside food or drinks will be allowed in the building.

Fans will need to bring a lawn chair to sit in, we will not have chairs available.

T-shirts will also be available for $20 each.

Thanks,

Wes Schminkey

Director—THSPA Region 3 Division 2

Henderson High School

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