**THSPA Region 3, Division 2 (4A and 3A Schools)**

Coaches,

I would like to welcome you to the start of the 2021 powerlifting season. Enclosed, you will find some important information for the upcoming 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.

Mail forms and checks to-

 **T.H.S.P.A**

 **Box 1072**

 **Crowley, TX 76036**

**Invitational Meets**

If you are hosting a meet, you must get me the results by 4:00 pm on the Monday following the 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 the current version of Powerscore to score your meet**. It is provided free of charge through the THSPA website. If you are hosting a meet, make sure that it fits the “Window” described below.

**Dates**

**January 21**- THSPA dues must be postmarked

**February 27**- Last Qualifying Date (results must be received by midnight)

**March 1**- Weight declarations for double qualified lifters- by 4:00 pm

**March 11**- Thursday-Regional Meet- Henderson High School, Henderson, Texas

**March 27** - State Meet- Taylor County Expo Center, Abilene, TX

**Regional Standings**

 All regional standings will be available through the web site as well**.** If you are planning on hosting a meet, please remember that I must certify that meet prior to you holding the meet as well as the results of that meet for the standings to reflect the results of your meet. *Meet results from schools that have not paid membership dues by the deadline may be withheld or dropped and all standings for the region will be affected****.***

**Rulebooks**

Rulebooks can be found on the THSPA website. www.thspa.us

COACHES and LIFTERS- IMPORTANT CHANGES FOR THE 2021 SEASON

**Weight Class Addition:**

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

**Invitational Meet Window:**

Each meet must have between 2 and 8 boys teams with 14 to 96 lifters. This is the minimum and maximum for all meets this year other than the Regional and State Meets.

**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.

**Additional COVID Recommendations:**

Equipment should be wiped down after each lifter

 All workers and lifters must wear a mask unless they are actually lifting

 Teams provide their own back spotter for Squat and Bench

 All lifters provide their own chalk (no community buckets at the meet)

 Temperatures must be checked at weigh-in

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,

**Wes Schminkey**

**Henderson High School**

**Region 3, Division 2**

**Cell #: 903-360-3825**

**E-mail:** **wschminkey@hendersonisd.org**

 R3d2@thspa.us