1. Register your meet on the THSPA/THSWPA website for approval.
2. Download the POWERSCORE program from the THSPA/THSWPA website onto the computer that you plan to use for the meet.
3. Send out your meet invitation and lifter registration form to the schools.
4. Enter or copy & paste lifters into the POWERSCORE and print the expeditor cards for the meet.
5. During the weigh in process, lifters need to declare their opening attempts on the expeditor cards before weighing in.
6. Group and organize weight classes by flights and platform assignments.
7. During the meet between flights, use the expeditor cards to enter the lifters attempts into POWERSCORE. Be sure to enter the lifters actual body weight in POWERSCORE as well.
8. After each flight, post the subtotals for each weight class separately on the wall for coaches and lifters to see. Do not start Deadlift without posting the subtotal (Squat & Bench) for each weight class.
9. After the completion of the meet, you must create a PSM file for the meet. There is top button on the POWERSCORE program that will create it for you and put it on your desktop.
10. Email the PSM file to the correct Regional Director, so the meet can be uploaded onto the THSPA/THSWPA website and into the ranking.

**Platform Set Up**

Platform base= 2 (3/4 inch) plywood sheets size 4’ X 8’; 2 rubber rectangular mats size 4’ x 6’ or similar

***Platform Items:***

|  |  |
| --- | --- |
| **Weight** | **Number** |
| 2.5 | 2 |
| 5 | 2 |
| 10 | 4 |
| 25 | 2 |
| 35 | 2 |
| 45 | 10 |
| 100 | 2 |
| Collar or Clamps | 2 |
| Weight Tree | 2 |
| Bar Jack | 1 |
| Squat Rack | 1 |
| Bench Press | 1 |
| **Additional Items** |  |
| Load Chart with and without 100 LB plates | 1-3 |
| Judging Lights or Flags (red & white) | 3 |
| Wire Brush | 1 |
| Wrapping Chairs | 3-4 |
| Judge Chairs | 3 |
| Towel | 1 |

***Score Table Items:***

|  |  |
| --- | --- |
| **Item** | **Number** |
| Expeditor | 1 |
| Table Worker / Scorer | 1-2 |
| Projector & Screen or White Board | 1 |
| Chairs | 1-2 |
| Pens / Wet Erase Markers / Dry Erase Markers | ? |

***\*\*NOTE\*\* Equipment Needs***

Here in Region 4,

PROMAXIMA will lend the use of squat racks, bench presses, and bar jacks at no cost as long as you pick up and return them.

PROMAXIMA; 5310 Ashbrook Drive; Houston, TX 7708

1 (800) 231-6652