

THSPA Region 5 Division I Championships

Saturday, March 14, 2020

Weslaco East High School Gymnasium
810 S. Pleasantview Dr.
Weslaco, TX 78596

Coaches,

I hope that your season is going well and you are seeing your athletes reach the goals that they intended to meet. Attached is some important information that you need to know in preparation for the Regional and State meets.

Names- Check and make sure that all of your lifters names are correct on the website. If there are any errors or double listings due to misspellings let me know because this is how they will appear in the programs and on the lifter cards at the Regional and State meet.

Last Qualifying Date- **February 29, 2020**. All results from any qualifying meets, should be sent in by midnight on the 29th. No results will be accepted after that time.

Weight Declaration- If you have any lifters who are qualified in more than one weight class, you must declare his weight class by **4:00 pm on Monday, March 2nd**. If you do not declare by this time, the lifter will be placed in the heavier weight class. Also, if you have any qualified lifters who are not going to compete at the Regional meet, let me know by 4:00 P.M. also. You must contact me by email or cell phone. If you fail to remove a lifter, you will still be responsible for the \$35.00 entry fee. **The top 12 lifters in each weight class qualify for the Regional meet.**

Regional Meet- Saturday, March 14, 2020 at Weslaco East High School - Gym

Entry Fee- **\$35.00 per lifter**. Cash or checks only. Make all checks payable to:

Weslaco East Powerlifting

810 S. Pleasantview Dr.

Weslaco, TX 78596

No Refunds will be given so make sure your entry fees are correct.

Early Weigh In- Friday, March 13th - 4:00- 5:30 pm at Weslaco East High School - Gym

Weigh In- Saturday, March 14th - 6:30- 8:00 am at Weslaco East High School- Gym

At check in, please bring the following items.

- Entry Fees
- Drug Testing Form
- Eligibility Forms
- Meet Release Form
- Scholarship Applications

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Judges Meeting- 8:00 am

Coaches Meeting- 8:30 am

Lifting Begins- 8:45 am

- This will be a 3 platform meet.
- Admission: \$5.00
- The address of the school is:
Weslaco East High School
810 S. Pleasantview Dr.
Weslaco, TX 78596

****WRAP STYLE BENCH SHIRTS*** Be sure your Wrap Bench Shirts / Gladiator / Bumble Bee have the THSPA Logo stamped on them or they are illegal to use in a meet. The Judges should & will check and give red lights if not stamped. Make sure you put these shirts on correctly. If the shirt folds, then it will be treated as double ply and will receive red lights.

If you have any other questions regarding the meet or about Weslaco and accommodations, please do not hesitate to ask. Please share this information with your lifters and parents.

Respectfully,

Rene Guzman

Weslaco East High School
THSPA Region 5, Division 1
Weslaco East High School
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