

THSPA Region 5, Division 1

Coaches,

Below is some important information regarding the 2021 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.
- Mailing Address- T.H.S.P.A
Box 1072
Crowley, TX 76036

Communication

- All information including Regional rankings will be placed on the THSPA website. www.thspa.us.
- Please send me your information by email ASAP:
 - School Name and Phone Number
 - School Fax
 - Powerlifting Coach
 - Coach's cell # and e-mail

Invitational Meets

- If you are hosting a meet, you must get the results to me by 4:00 pm on the Monday following the meet. Make sure that your meet follows all guidelines to be counted as a legal meet. Please register all meets on the website. 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 Powerscore to score your meet. It is provided free of charge through the THSPA website. It is your responsibility to tell the person hosting the meet to send the information, especially if you lift at a meet outside of the region. **Due to Covid this year meets will need to consist of at least 2 teams with a minimum of 14 Lifters and no more than 8 teams with a maximum of 96 lifters.**

Dates

- **January 21st** - THSPA dues must be postmarked
- **February 27th** - Last Qualifying Date. If you host a meet you must have results in by 12:00 midnight.
- **March 1st** - Weight declarations for double qualified lifters- by 4:00 pm
- **March 13th** - Saturday-Regional TBD (Tentatively)
- **March 27th** - State Meet- Taylor County Expo Center, Abilene, TX

Rulebooks

- **Rulebooks can be found on the THSPA website.** They can be downloaded from the website.
- You will see on the website that the knee wrap suits have NOT been approved for boy's competition.
- **Automatic Qualifying totals have been eliminated for 2021.**
- Weigh-ins have been extended by 30 minutes this year.

Covid Guidelines: Please go to website THSPA to follow recommended Covid Guidelines.

Regional Standings

- Each week I will post the totals on the THSPA website. If there are any mistakes or misspellings, please let me know.

I will send out more info on the Regional Meet soon. Good luck this season. If you have any questions, comments, or concerns, please do not hesitate to contact me.

Respectfully,

Rene Guzman, MAA
Weslaco East High School
Director Region 5, Division 1
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