

THSPA IMPORTANT INFO - 2021 Season

Coaches,

Below is some important information regarding the 2021 powerlifting season:

Dues

- Must be postmarked by January 21, 2021 in the amount of \$75- Made out to THSPA
- 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

PO Box 1072

Crowley, TX 76036

Contact Info

- All information such as rankings, new info, Covid updates, etc. will be placed on the THSPA website. www.thspa.us.
- If you have not already, please fill out the google form below to gather contact information.

<https://forms.gle/uxRrEUkng5JHvxRU7>

Invitational Meets

- If you are hosting a meet, results must be submitted 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. You can download it 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.

Covid Guidelines

- 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.
- Bars wiped down after every lift
- Schools must provide their own chalk
- Each team must provide their own backspot
- Temperature check in at weigh in

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- Judges, workers and lifters **MUST** wear a mask. The lifter can **ONLY take the mask off when lifting.** Mask must come back on as he leaves platform.
- 30 minutes added to weigh ins (2 hrs total)

Important Dates

- January 21st - THSPA dues must be postmarked
- February 27th - Last Qualifying Date. If hosting, results due by 12:00 midnight.
- March 1st - Weight declarations for double qualified lifters- by 4:00 pm
- March 11th-12th-13th - -Regional TBD (Tentatively)
- March 27th - State Meet- Taylor County Expo Center, Abilene, TX

Rulebooks/Changes

- 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.
- Head judge can now call foot movement

Regional Standings

- 2nd place ties at regionals will qualify to state meet.
- Each week I will post the totals on the THSPA website. If there are any mistakes or misspellings, please let me know. The regional meet letter will be out in early January, so please be on lookout. Best of luck to everyone and if there are any questions, comments, or concerns please feel free to contact me.

Yours truly,

Lazaro Perez

Bishop High School

Region V - D2 & D3 Director