

**Region 1, Divisions 3 & 4**  
**Regional Powerlifting Championships**  
**Sundown High School**  
**March 9 & 11, 2023**

Coaches,

This is some of the important information that you need to be aware of as we move toward the Regional meet. Please share this information with your parents as well.

**Remember all weight declarations for those lifters qualified in 2 weight classes must be made by 4:00 pm on Monday, February 27th. If no declaration is made the lifter will be placed in the heavier of the 2 weight classes in which he has qualified. The best way to do this is via email. After the 4:00 deadline your school becomes financially responsible for the entry fee of each lifter in the top 12.**

**Regional Meet - Division 3** - Saturday, March 11 at Sundown High School (in our practice facility)

**Division 4** - Thursday, March 9 at Sundown High School (in our practice facility)

Our practice facility is located on the south end of our football field. There is parking on the east and south sides of the building, as well as around our tennis courts and along the football field.

**Top 12 lifters per weight class qualify to lift at the regional meet. This includes any ties at the 12<sup>th</sup> spot. There may be no shows or those who miss weight so if you want to bring your alternate lifters in case someone does drop make sure to have the proper paperwork and entry fees in a separate check.**

Entry fee is \$35 per lifter. Cash or checks only, no purchase orders.

**If paying by check, make payable to: THSPA**

**Checks must be brought to registration, DO NOT MAIL CHECKS!!!**

There will be **NO REFUNDS** given so double check that your entry fees are correct.

**You need to bring these 4 items with you when you check in:**

1. Entry Fee Monies for all lifters (\$35 per lifter - checks payable to THSPA)
2. Eligibility Form signed by principal or superintendent.
3. Meet Release Form signed by lifter and parent/guardian.
4. Any Scholarship Applications

**Admission: \$5.00 (no passes accepted)**

**T-shirts will be on sale Wednesday, Thursday, Friday and Saturday - \$20 each**

## Division 4 Information and Schedule - March 9th

Wednesday: Early weigh-in for **Division 4 lifters only**: 4:30 – 6:00 pm.

### Thursday Schedule

Weigh-in: 11:00-12:30 pm

Judges Meeting: 12:15 pm

Coaches Meeting: 12:40 pm

**Lifting Begins: 1:00 pm**

Order of events:

Squat		<b>Platform 1</b>	<b>Platform 2</b>	<b>Platform 3</b>
Bench	<b>Flight 1</b>	<b>114 &amp; 123</b>	<b>165 &amp; 181</b>	<b>275 &amp; 308</b>
Break - 30 minutes				
Deadlift	<b>Flight 2</b>	<b>132 &amp; 148</b>	<b>198 &amp; 220</b>	<b>242 &amp; SHW</b>

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## Division 3 Information and Schedule - March 11th

Friday: Early weigh-in for **Division 3 lifters only**: 4:00 – 5:30 pm.

### Saturday Schedule

Weigh-in: 6:30-8:00 am

Judges Meeting: 7:45 am

Coaches Meeting: 8:15 am

**Lifting Begins: 8:30 am**

Order of events:

Squat		<b>Platform 1</b>	<b>Platform 2</b>	<b>Platform 3</b>
Bench	<b>Flight 1</b>	<b>114 &amp; 123</b>	<b>165 &amp; 181</b>	<b>275 &amp; 308</b>
Break - 30 minutes				
Deadlift	<b>Flight 2</b>	<b>132 &amp; 148</b>	<b>198 &amp; 220</b>	<b>242 &amp; SHW</b>

**Concessions:** The Sundown Senior Class will have a full concession stand available for both lifters and spectators. You will be allowed to set up charge accounts. If you bring a check for the concession stand please make it separate from your entry fees. Checks for concessions need to be payable to: Sundown Senior Class. They will serve both breakfast and lunch.

If you have questions please do not hesitate to ask. Please share this information with your lifters and parents. Good luck the rest of the season and I will see you all at Regionals.

Thanks,

Barry Newton

THSPA Secretary

THSPA Regional Director

Region 1, Divisions 3 & 4

Sundown High School

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