

Region 1, Divisions 3 & 4
Regional Powerlifting Championships
Brownfield High School Indoor Facility
March 7 & 9, 2024

Coaches,

This is the information for the regional meet coming up in a couple of weeks. If you have any questions please just reachout.

Remember all weight declarations for those lifters qualified in 2 weight classes must be made by 4:00 pm on Monday, February 26th. 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 4 - Thursday, March 7 at Brownfield High School
Division 3 - Saturday, March 9 at Brownfield High School

The meet will be held in their indoor practice facility which is located on the south end of their football field. There is parking on the east and west sides of the stadium. Everyone will need to enter through the west doors of the field house.

Top 12 lifters per weight class qualify to lift at the regional meet. This includes any ties at the 12th 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) Cash or Venmo

T-shirts will be on sale: Thursday, Friday and Saturday - \$20. Cash or Venmo

This will be a 4 platform meet, 3 weight classes per rack and NO flights!!!

Rack 1: 114, 123, 132; Rack 2: 148, 165, 181; Rack 3: 198, 220, 242 Rack 4: 275, 308, SHW

Division 4 Information and Schedule - March 7th

Wednesday: Early weigh-in for **Division 4 lifters only**: 5:00 – 6:30 pm.

Thursday Schedule

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

Judges Meeting: 12:15 pm

Coaches Meeting: 12:30 pm

Lifting Begins: 1:00 pm

Order of events for Thursday:

Squat (10 minute break)

Bench (15 minute break)

Deadlift

Awards

Division 3 Information and Schedule - March 9th

Friday: Early weigh-in for **Division 3 lifters only**: 4:30 – 6:00 pm.

Saturday Schedule

Weigh-in: 7:00-8:00 am

Judges Meeting: 8:15 am

Coaches meeting: 8:30 am

Lifting Begins: 9:00 am

Order of events for Saturday:

Squat (10 min break)

Bench (30 minute break)

Deadlift

Awards

*****There will be very limited seating so PLEASE tell your parents/spectators to bring a lawn chair if they choose to sit throughout the day*****

Concessions: The Brownfield Athletic Booster club will have a concession stand available for both lifters and spectators. You will be allowed to set up charge accounts. If you do bring a check for the concession stand please make it separate from your entry fees. Checks for concessions need to be payable to: Brownfield Athletic Booster Club.

If you wish to purchase meal deals you need to contact Coach Jacob Perez at Brownfield with the number of meals you wish to purchase by Tuesday, March 5th at 12:00 pm. His email is Jacob.Perez@brownfieldisd.net

If you have questions please do not hesitate to reach out and **please share this information with your lifters and parents.**

Thanks,

Barry Newton

THSPA Secretary

THSPA Regional Director

Region 1, Divisions 3 & 4

Lubbock Cooper Liberty High School

Email: bnewton@lcisd.net

Cell# 806-777-5533