



The Region 3 Division 1 Regional Meet will be on  
**Thursday, March 6, 2024 at Arp High School Gymnasium Arp, TX.**

Coaches,

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

**Names-** Check and make sure that all your lifter's 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-** Saturday February 22, 2024. All results from any qualifying meets should be sent in by midnight on the 24<sup>th</sup>. No results will be accepted after that time. **\*ALL** Judges must be certified for LCQ Meets\*

**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, February 24<sup>th</sup>. 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. that day 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.**

**Wednesday, March 5<sup>th</sup>:** Early Weigh Ins 5:00 – 6:30 pm

**Thursday, March 6<sup>th</sup>:** Weigh Ins 2:00-3:30 pm  
Coaches Meeting at 4:00 in the hospitality room.  
Lifting begins at 4:15 pm.  
This year we will lift on 4 platforms, no flights.

• **Bring with you the following:**

- [Eligibility Form](#) - Signed by your Principal or Superintendent
- [Release Form](#) – Signed by Lifter, parent/guardian, and coach.
- [Drug Testing Affidavit](#) – Signed by Lifter, parent/guardian, and coach. (I will take State Qualifiers to Abilene)
- [Scholarship Application](#) (Optional) For senior lifters who would like to be considered for a \$1,000 scholarship to help with college expenses.
- Check for **\$35.00 per lifter made payable to ARP ISD ATHLETICS**  
***\*Your school becomes responsible for your lifter(s) entry fee at 4:00 p.m., Monday, February, 24<sup>th</sup>. Please notify me on or before the deadline if your lifters can't compete or you will be responsible for their entry fee. \*No payment is necessary for alternates.***

• **Team Meals**

- Meals for the athletes: The cost will be **\$8.00 each.**
- **Checks made payable to Arp Athletic Booster Club - Powerlifting**
  - Please do not combine Entry/Meal check.

\*Hospitality room will be provided for two powerlifting coaches per school.

**Please bring checks for both the lifters and meals on the day of weigh in.**

- **Admission**
  - There will be \$5 admission charged at the door for all spectators. (Cash ONLY)
- **T-shirts**
  - Regional Meet shirts will be available for purchase through Fine Design.

**Coaches please let me know by Friday, February 28th, the following information:**

**Number of Meals:** \_\_\_\_\_

**We will give out meal tickets to 2 coaches from each school so account accordingly.**

**I will update this regional meet letter with maps and diagrams for parking.**

**Good luck the rest of this season and please do not hesitate to call or text.**

*\*Reminder: Please notify me if your lifters can't compete or you will be responsible for their entry fee.*

**Thanks,  
Evan Beaton  
Region 3 Division 1 Director  
(903) 530-0592**