

Region 3 Division 4 Regional Meet  
 Queen City High School  
 March 8th 2025



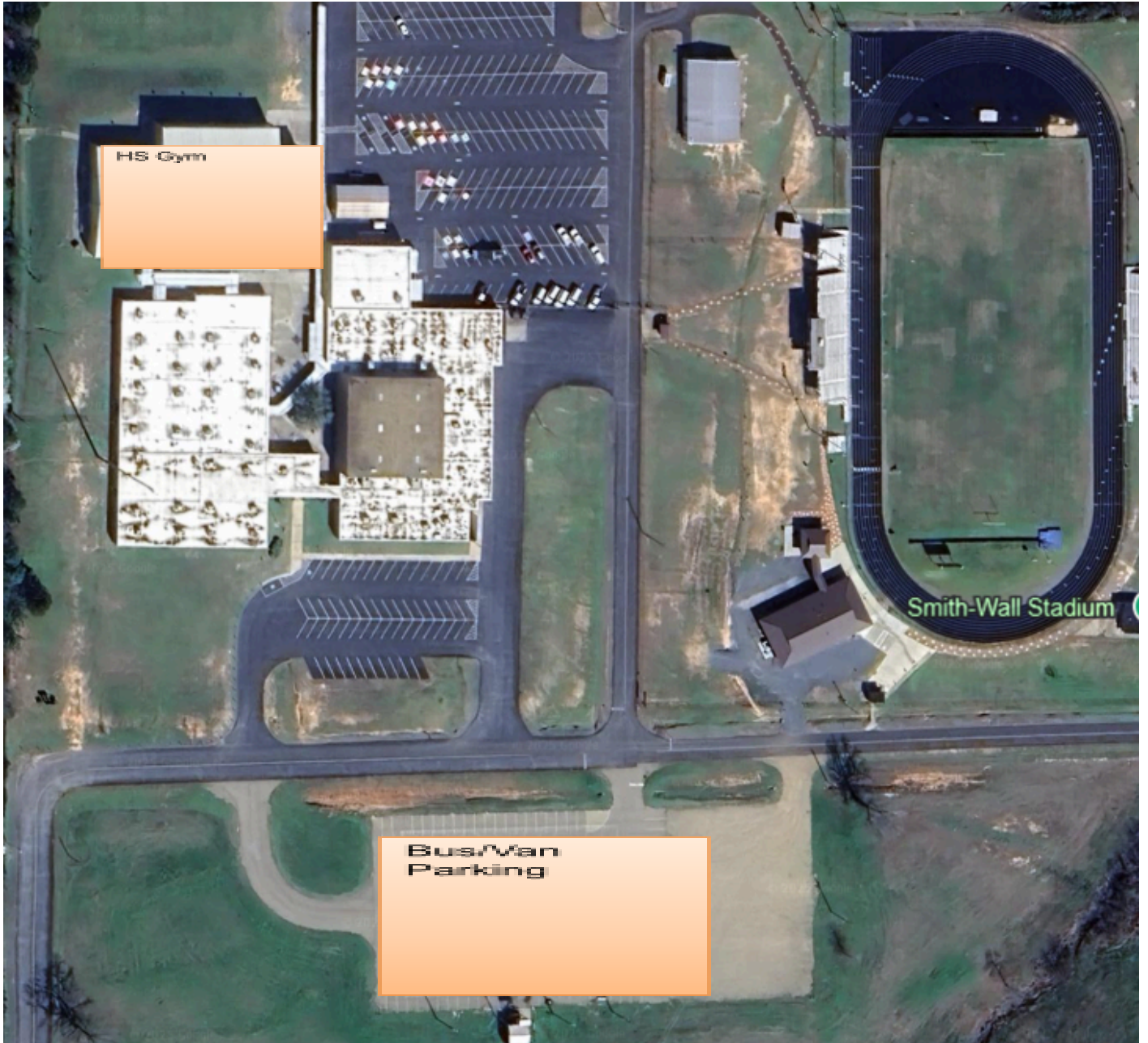
- **Lifting**  
 Begins at 8:30 PM in the Gym (Map attached)
- **Platforms**  
 There will be 3 platforms, and 2 flights.

Div 4	Platform 1	Platform 2	Platform 3
	<b>114,123</b>	<b>165,181</b>	<b>242,275</b>
	<b>132,148</b>	<b>198,220</b>	<b>308,SHW</b>

- **Bring with you:**
  - [Eligibility Form](#) - Signed by your Principal or Superintendent
  - [Scholarship Application](#) (Optional) For senior lifters who would like to be considered for a \$1,500 scholarship to help with college expenses.
  - Check for **\$35.00 per lifter** payable to: **Queen City ISD Athletics\***  
*\*Your school becomes responsible for your lifter(s) entry fee at 4:00 p.m., Monday, Feb 24th. 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.*
- **Alternates**
  - If you have lifters ranked in the top 20, bring them with you as there may be no-shows or lifters who do not make weight.
- **Weigh In**
  - Friday, March 7<sup>th</sup> - early weigh in: 5:30 to 7:00 P.M.
  - Saturday, March 8<sup>th</sup> - Weigh in: 6:30 A.M. to 8:00 AM.
- **Coaches / Judges Meeting**
  - 8:15 AM
- **Admission**
  - \$5.00
- **T-shirts**
  - Will be available
- **Lunch**
  - There will be a **lunch** served for the coaches.
  - Meals for the athletes: **Please notify me by e-mail at [dwilbanks@qcisd.net](mailto:dwilbanks@qcisd.net) how many meals you will need.** The cost will be **\$8.00 each**. Make checks for athlete's meals payable to Queen City Athletic Booster Club.



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