

Region IV Division 2, 3, & 4 Regional Powerlifting Letter

I would like to welcome you to the 2025 Powerlifting season. Enclosed, you will find several items that may be of interest to you:

E-Mail List – After you read this letter, make sure that you have gone to the link below to enter your contact information. Also, if you are no longer the powerlifting coach at your school or you know of new powerlifting coaches in our area, make sure to forward this letter to them. <https://forms.gle/FdXttJPeNGXSuxHY6>

Regional Standings – The standings for our region will automatically be updated on our website (www.thspa.us) each week as I certify meets and upload them. Please make sure that your lifters' names are spelled correctly at each meet you attend. This will really help with keeping the standings as accurate as possible.

Results for this year will only be accepted in the form of a Powerscore document. Powerscore is a free download off of our website, and directions on how to export the meet are in the final pages of this document.

The last qualifying date for regional competition is **February 21st, 2025**.

If you have a lifter that is qualified in two different weight classes, you must declare which class they will lift in by **February 24th at 4:00 PM**. This is a very strict deadline. If you do not declare by the deadline, your lifter will automatically be entered into the heavier weight class for the regional meet.

Rules and By-Laws Book – The entire book is posted on the THSPA website. I would advise you to print a copy of the book and carry it with you to meets.

Dues – If you have not paid your dues, you need to do so as soon as possible. Make your **\$75.00 check** payable to: **THSPA**, and send it to: P.O. Box 1072, Crowley, Texas 76036

Please get your dues paid as soon as possible. Any school that does not have their dues postmarked by **January 24th, 2025** and still wishes to compete in the regional meet will have to pay a **\$200.00 fine** plus their **\$75.00 dues** before their lifters may compete. Please get your dues paid on time.

Regional Meet – The Region IV Division II, III, and IV meet will be held at **Navasota Junior High School on March 6th and 7th**. *Specific Weigh-In and Lifting times will be sent at a later time.*

- **Division 2** will lift on **March 6th (PM)**
- **Division 3** will lift on **March 7th (AM)**
- **Division 4** will lift on **March 7th (PM)**

The entry fee will be **\$35.00 per lifter**. The **Top 12 lifters** will qualify for the regional meet this year. More information concerning the regional meet will be sent out at a later date.

State Meet – The State Meet will be held at **Taylor County Expo Center in Abilene on March 21st and 22nd**.

- **Divisions 2 & 3** lift on **March 21st**
- **Divisions 1 & 4** lift on **March 22nd**

If you have any questions or problems, or if I have left something off, please let me know so I can try to help you. Feel free to call me at any of the numbers listed below.

George Taylor III

Reg. IV Div. 2, 3 & 4 Director

Navasota High School

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