

**REGION IV DIVISION II,III,&IV  
2025 REGIONAL CHAMPIONSHIP INFORMATION SHEET**

The Regional Championships will be held at the Navasota Junior High Gym in Navasota, TX on March 6<sup>th</sup> and 7<sup>th</sup>, 2025.

Division II (4A) – Thursday March 6<sup>th</sup> (4:30pm)  
Division III (3A) – Friday March 7<sup>th</sup> (8:00am)  
Division IV (1A-2A) – Friday March 7<sup>th</sup> (3:00pm)

The regular season is about over and it is time to make sure we have all the information needed concerning the Regional Meet.

1. If a lifter cannot compete for any reason, contact me immediately - that way, another lifter can move up in the standings. After 4:00 p.m. Monday February 24<sup>th</sup>, you will be responsible for the entry fee for your lifters, whether they compete or not. **Failure to assume this responsibility will result in disqualification of your team from the Regional Competition.**
2. Check the totals and spellings for each of your lifters to be sure that they are correct. Also check the totals of the other lifters in the weight class to make sure no one has been overlooked. If there are any mistakes, contact me as soon as possible.
3. All lifters must compete in proper uniform. If you have questions, check the Rules and By-Laws on the web site. [www.thspa.us](http://www.thspa.us)
4. We are taking the Top 12 lifters from each class at regionals this year. Platform assignment will be slightly different to accommodate the extra lifters. I will send platform assignments and flights out at a later time.
5. If you have a lifter that is close the top 12 in their weight class, bring them with you as alternates. If someone does not show up or fails to make weight, we will take the first alternate available and so on. They will have one chance to make weight and NEW this year, they can weigh-in during the early weigh-in period. Bring a separate check for your alternates and be sure to list them on the eligibility form.
6. Things to bring: *(All Paperwork Found on THSPA Website)*
  - A. Entry Fee-\$35.00 per lifter
  - B. Make Entry Fee checks payable to **THSPA Powerlifting**
  - C. Eligibility List signed by an administrator
  - D. Liability Release Form – One per lifter
  - E. Scholarship Applications for Seniors
  - F. Meal money check made to **NAVASOTA ATHLETIC BOOSTER CLUB**
7. If you have a lifter that is qualified in two weight classes, you must declare a weight class by 4:00p.m. on Monday February 24<sup>th</sup> 2025. I will update the standings Sunday February 23<sup>rd</sup>, 2025 and have them posted on the web site. If I do not receive notification by the above stated date, the lifter will be placed into the heavier weight class. If you already know where you are going to declare your lifters, please let me know ASAP.

8. We will have a concession stand. You are welcome to set up meal deals through our concession stand. Lunch will be \$8.00 per meal. Breakfast items will also be available. Make checks for meals to NAVASOTA ATHLETIC BOOSTER CLUB. I will not be able to refund or transfer money over so please make sure that your check is made out to **NAVASOTA ATHLETIC BOOSTER CLUB**. Information for arrangements can be made upon arrival. Please clear your account at the end of the day – No Charging Meals!
9. X Power Gear will be at the meet selling shirts during weigh-in and during the meet.
10. Weigh in times and locations – please pay attention to the locations:

**Division II –**

Early Weigh-In: Wednesday March 5<sup>th</sup> (4:30-6PM) @ JH Gym;  
March 6<sup>th</sup> (2-3:30PM) @ HS Weight Room

**Division III -**

Early Weigh-In: Thursday March 6<sup>th</sup> (4:30-6PM) @ HS Weight Room;  
March 7<sup>th</sup> (6-7:30AM) @ JH Gym

**Division IV -**

Early Weigh-In: Thursday March 6<sup>th</sup> (4:30-6PM) @ HS Weight Room;  
March 7<sup>th</sup> (1-2:30PM) @ HS Weight Room

11. There will be a coaches meeting prior to the start of the meet in the hospitality room.
12. The State Meet will be on March 21<sup>st</sup> (Divisions 2 &3) and March 22<sup>nd</sup> (Divisions 1&4), 2025 at the Taylor County Expo Center in Abilene, TX.
13. Entry Fee for the State Meet is also \$35.00 per lifter.
14. Please check the website throughout the week for changes. There are always lifters dropping out and I cannot always contact the coach. I will update the web site immediately and you can find the changes much quicker this way.

Cell: (979)255-0883

[r4d2@thspa.us](mailto:r4d2@thspa.us)

[taylorq@navasotaisd.org](mailto:taylorq@navasotaisd.org)

Best of Luck,

George Taylor  
THSPA Region 4  
Division II, III, & IV Director

