



THSWPA



Region VI, 1A/2A, 3ADI & 3ADII Powerlifting Championships

Date: Friday, March 1, 2023 1A/2A
Saturday, March 2, 2024 3ADI & 3ADII

Place: Bells High School Gym
1500 Ole Ambrose Road
Bells, TX 75414

Fee: \$35.00 per lifter. **MAKE CHECKS PAYABLE TO BELLS ISD**

Who Qualifies: Top 12 lifters per weight class per UIL classification.

Items needed at weigh-ins

1. Entry Fee
2. Eligibility list signed by principal or superintendent
3. Regional and State Release
4. Scholarship applications, if you have any

Last Qualifying Date: Saturday, February 17th (Results must be submitted my midnight on the 17th)

Declaration of weight class/Unequipped: Monday, February 19 at 4 PM. Lifters with the top **twelve** qualifying totals as well as alternates must declare by this time or they will be assigned to the heavier weight class. Coaches become responsible for their lifter(s) entry fee at this time. **Let me know ASAP if you have a qualified lifter that can't compete.**

Weight declarations/Unequipped must be submitted to me through email.

colton.henderson@bellsisd.net

Alternate Lifters: Coaches are encouraged to bring lifters in the top 15 to the regional meet in case there are no-shows or lifters who don't make weight.

No Shows: Your school will be billed for athletes who qualify for the meet and do not compete. I need to know by weight declaration if a lifter will not be lifting.

Admission: \$5.00 Adult, \$3.00 Student (Children under 5 are free) All tickets will be purchased at the door.

Meal Tickets: Our booster club will provide meal tickets for \$8 a piece, this would include: Breakfast- two tacos, banana, oj/water; or Lunch- hamburger/2 hotdogs, chips and a drink. If you would like to purchase these please let me know ahead of time. For meal tickets, please make the check out to: **BELLS ATHLETIC BOOSTER CLUB**

Hopefully I have covered everything that you will need. If you have any questions please do not hesitate to contact me.

Colt Henderson
Cell - (940) 284-0453 Call or Text
colton.henderson@bellsisd.net

Meet Schedule

February 29th

1A/2A Early Weigh In: 5:00 PM - 7:00 PM

March 1st

1A/2A Weigh In: 2:00 PM - 4:00 PM

Judges Meeting: 3:45 PM

Coaches Meeting: 4:00 PM

National Anthem & Bars Loaded: 4:30 PM

March 1st

(Old Gym)

3AD2 Early Weigh In: 4:00 PM - 6:00 PM

3AD1 Early Weigh In: 5:00 PM - 7:00 PM

March 2nd

3AD1&2 Weigh In: 6:00 AM - 8:00 AM

Judges Meeting: 8:15 AM

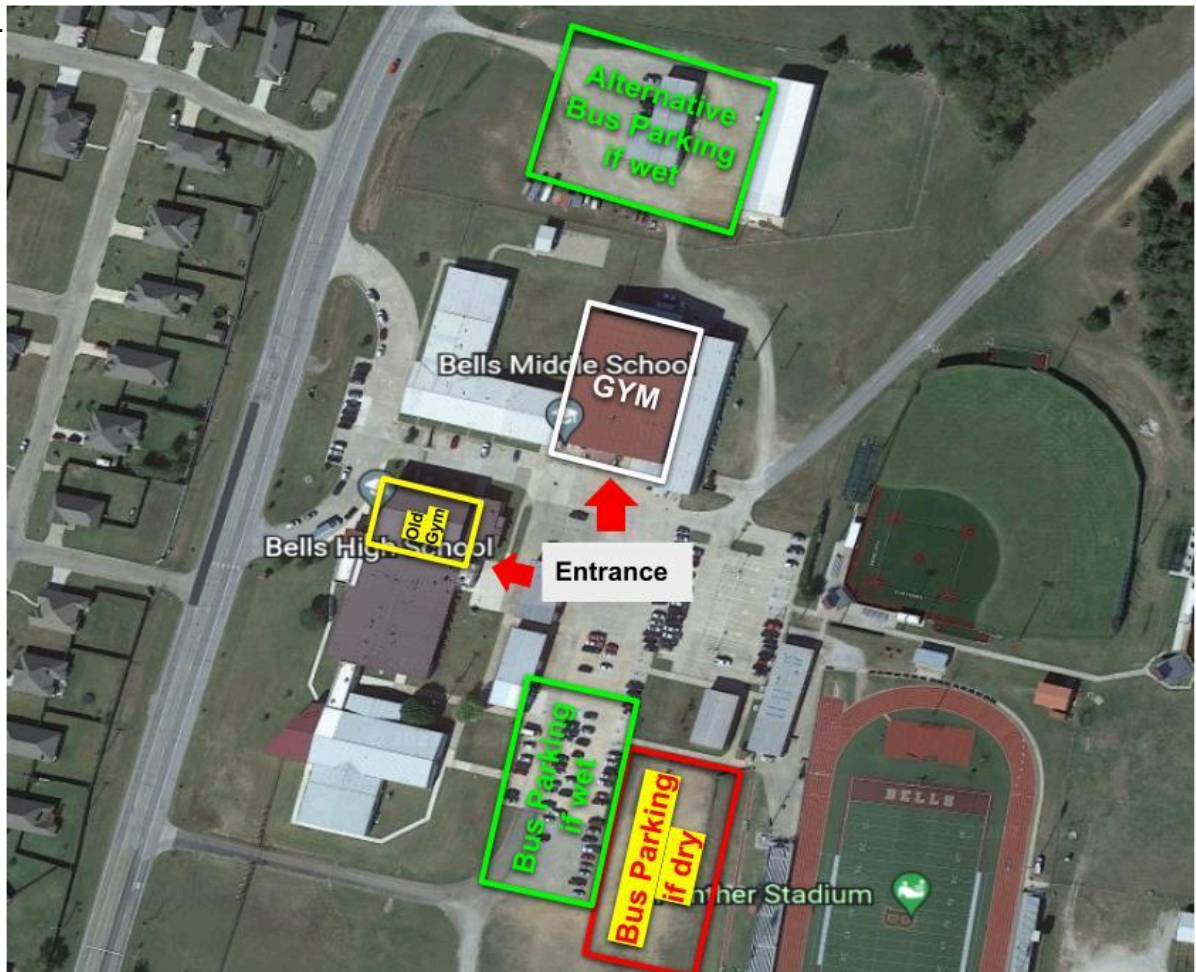
Coaches Meeting: 8:30 AM

National Anthem & Bars Loaded: 9:00 AM

Friday Platforms	1	2	3	4	5	6
1A/2A		97, 114, 132	123, 181, 242+	105, 148, 198	165, 220, 242	

Saturday Platforms	1	2	3	4	5	6
Flight 1 3AD1	105, 181	97, 148	198, 242	123, 242+	114, 132	165, 220
Flight 2 3AD2	181, 220	165, 198	105, 148	97, 132	114, 242	123, 242+

*This will be run as two separate meets 3AD1 and 3AD2. Platform assignments are subject to change if we have a drastic change in the number of lifters in the smaller and larger weight classes.





PANTHER CONCESSIONS

Foods

Breakfast Taco	\$3
Nachos	\$3
Hot Dog	\$2
Hamburger	\$5
Boujee Box	\$8
Pretzel	\$3
chips	\$2
candy	\$2
Smoothie Bar	\$6
Honey Shot	\$1
Ice cream	\$3

Drinks

soda	\$2
Sweet Tea	\$2
Gatorade	\$3
water	\$2
Juice	\$2

Specials

Breakfast Meal Deal	\$8
2 Tacos, banana, & juice	
Lunch Meal Deal	\$8
Hamburger, chips, & drink	
2 Hot Dogs, chips, & drink	