**THSWPA**

**Region 1 Division 3 2017 Letter**

Coaches,

 My e-mail address is cody.hogan@outlook.com, if you have not gotten an e-mail from me in the past please send me a message so I can add you to my contact list.

Here is some other information that might be helpful:

Work Phone: (325) 835-2881

Cell Phone: (806) 893-3663

 Please let me know if you are hosting a meet this year. I will keep a list of all the meets that I know of one the girls’ website under the region 1, division 3 tab. Results need to be emailed to me by 4:00 p.m. on the Monday following your meet.

**Results:** We will only use the PowerScore system for the rankings again this year. This is a free download and is a very easy system to use at the meets. All meets must use this form and send it to me in this format. Results sent to me in any other format **WILL NOT** be included in the rankings.

**Dues:** Boys and Girls dues are sent to different places so please inform your business department accordingly. State dues are $75.00 and must be post marked by February 1, 2017. Late dues will be $200.00 and will only be accepted until February 15, 2017. Any dues postmarked past that date will be returned and your lifters will be disqualified from the Regional meet. Please make sure your business department is also aware of this deadline. Complete the registration form and send it along with payment to:

**THSWPA**

**PO Box 3021**

**Brownsville, Texas 78523**

**Last Meet:** The last qualifying date will be Saturday, February 18, 2017. All judges MUST be certified for a last qualifying meet. All results from the last qualifying date must be sent to me by midnight, February 18, 2017. **Weight class declarations must be made by 4:00 p.m. on Monday, February 20, 2017.** If I do not hear from you and you have a lifter who is in the top 12 in two weight classes she will be placed in the heavier weight class.

**Regional Meet**: The Division 3 meet will be Friday, March 3rd, 2017 in Mertzon. The entry fee this year will be $35 per lifter. Tickets at the door are $5. We will send out more details as the meet gets closer.

**State Meet:** The state meet will be in Waco on March 17th-18th, 2017. The 4A and 5A

girls will lift on Friday and the 1A/2A, 3A and 6A girls will lift on Saturday. Entry Fee is $35 per lifter, extra wrist bands will not be available.

**Rule Clarifications:**

The UPDATED Rule book is not yet posted on the site.

***Changes:***

* Top 12 will qualify for regionals in each weight class
* Underwear and lifter brief **worn together** is still prohibited
* Tape of **any kind (including Kinesio Tape)** is not allowed
* New weight class: 259.5 (220.6-259.5); SHW Class is now 259.6+
* With the addition of a new weight class a team will now consist of 12 members
* The term “exposed rubber” has been removed from the rule on Wraps
* Realignment will be designated similar to the Boys association (1A,2A, and 3A will be Division 3; 4A will be Division 2, and 5A and 6A will be Division 1)
* At Girl’s State Meet 1A and 2A will be combined for the sake of competition under the 2A umbrella)

**Qualifying for Regional and State Competition:**

The top 12 lifters from each division will qualify for Regional competition. There are three ways to qualify for Regionals: be in the top 12 of your weight class for your division, reach your weight class’s automatic total, or be the one of the top 2 lifters from your UIL classification.

There are three ways to qualify for State: place in the top two at Regional competition, reach your weight class’ automatic total at the regional meet, or be the one of the top 2 lifters in your UIL classification at the regional meet.

Good Luck to you all and I hope to see you around at the meets.

If any rules questions or general concerns please call or email me.

Cody Hogan

Region 1, Division 3 Director