

REGION 1 DIVISION 3 REGIONAL MEET

INFORMATION & SCHEDULE

WHERE:

SHAMROCK ISD

100 S. ILLINOIS ST.

SHAMROCK, TX 79079

WHEN:

1/2A MEET MARCH 3TH

3A DIV. 2 MARCH 4TH

3A DIV. 1 MARCH 4TH

ADMISSION: \$5 PER PERSON PER MEET.

ENTRY FEE: ENTRY FEE IS \$35 A LIFTER. ENTRY FEE CHECKS NEED TO BE MADE OUT TO "SHAMROCK POWERLIFTING"

FORMS: REQUIRED FORMS FOR EACH LIFTER

- ELIGIBILITY FORM FOR EACH TEAM
- REGIONAL & STATE RELEASE FOR EACH ATHLETE
- DRUG TESTING AFFIDAVIT FOR EACH ATHLETE

SCHOLARSHIP: THWPA WILL PRESENT IT'S ANNUAL SCHOLARSHIPS AT THE STATE MAKE SURE ALL SENIORS TURN ALL REQUIRED DOCUMENTS TO HAVE AN OPPORTUNITY TO RECEIVE THIS HONOR!!!

MEALS: MEAL DEALS WILL BE SOLD FOR TEAMS FROM OUR CONCESSION STAND.

THERE WILL NOT BE ANY CHARGES AT OUR CONCESSION STAND THIS YEAR!!!

ALL SCHOOL PURCHASES MUST BE MADE BY CHECK OR CASH DUE TO UNPAID CHARGES LAST YEAR!

FOR MEAL DEAL OPTIONS CONTACT OUR HIGH SCHOOL PRINCIPAL TRAVIS BREITSCHOPF @ breitschopft@shamrockisd.net OR TERI SELF @ selft@shamrockisd.net MAKE CHECKS FOR MEALS PAYABLE TO "SHAMROCK HIGH SCHOOL"

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T-SHIRT SALES: T-SHIRTS WILL BE AVAILABLE AT THE MEET. SALES WILL BE IDENTICAL TO THE STATE MEET. SAME COMPANY SAME PROCESS.

1/2A MEET SCHEDULE

<u>MARCH 2ND</u>	EARLY WEIGH-IN	4:00PM-5:30PM @ SHAMROCK HIGH SCHOOL
<u>MARCH 3TH</u>	WEIGH-IN	6:00AM-7:30AM
	JUDGES MEETING	12:20PM HS LIBRARY
	COACHES MEETING	12:35PM HS LIBRARY
	NATIONAL ANTHUM	12:55PM
	BAR LOADED	1:00PM

3A DIV. 2 MEET SCHEDULE

<u>MARCH 3RD</u>	EARLY WEIGH-IN	5:00PM-7:00PM @ SHAMROCK HIGH SCHOOL
<u>MARCH 4TH</u>	WEIGH-IN	6:00AM-7:30AM
	JUDGES MEETING	7:20AM HS LIBRARY
	COACHES MEETING	7:35AM HS LIBRARY
	NATIONAL ANTHUM	7:55AM
	BAR LOADED	8:00AM

THE FACILITY WILL BE CLEARED FOR CLEANING AND SANITIZING BETWEEN THE 3A MEETS FOR SPECTATOR SAFETY.

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3A DIV. 1 MEET SCHEDULE

(THIS IS SUBJECT TO COMPLETION OF THE DIV. 2 MEET)

MARCH 3RD : EARLY WEIGH-IN 5:00PM-7:00PM @ SHAMROCK HIGH SCHOOL

MARCH 4TH : WEIGH-IN 6:00AM-7:30AM

OUR INDOOR FACILITY WILL BE AVAILABLE FOR USE FOR 3A DIV. 1 TEAMS TO WAIT
AND WARM UP FOR THEIR MEET.

COACHES MEETING 2:05PM INDOOR FACILITY

NATIONAL ANTHUM 2:25PM

BAR LOADED 2:30PM

REGION 1 DIVISION 3

RACK/FLIGHT ASSIGNMENTS

FLIGHT 1

RACK 1

97'S & 105'S

RACK 2

114'S & 123'S

RACK 3

132'S & 148'S S

FLIGHT 2

RACK 1

165 & 181'S

RACK 2

198's & 220's

RACK 3

259 & 259+

THESE COULD BE SUBJECT TO CHANGE DEPENDING ON THE NUMBER OF LIFTERS PER DIVISION

Regional Powerlifting Girls Meet @ Shamrock High School—3-4, 2023

Memo: Concession Stand Details

We are excited about hosting the Regional Powerlifting Meet for the second year in a row. We want to wish all participants the best of luck.

A concession stand will be available during the meet on March 3 and 4. We will have meal plans as well as snacks and drinks available throughout the day. Please reply to this email by February 24 (Friday) with the number of meals you will need for your school. Please understand that in order to supply each school/student appropriately, your school will be charged for each meal deal you request. If meal deals are not requested, there is no guarantee that enough items will be available for your participants. Please reach out to us with any questions/concerns.

An invoice will be created and sent to you prior to the meet. We are requesting that payment be brought in the form of a check when you come.

Please make checks payable to Shamrock High School.

****You will receive your bill for concession charges on or before Wednesday, March 1.**

Meal Deals—\$8

- Hamburger/Cheeseburger
- Chips
- Drink
- Brownie

School Name: _____ Day Needed: Friday/Saturday

Name/Email of staff member to contact with questions/billing: _____

Meals Deals Needed: _____ @ \$8

******Please email this information to selft@shamrockisd.net or breitschopft@shamrockisd.net along with your list of students who will be attending the meet on March 3/4.**

Sincerely,

Mr. Breitschopf and Mrs. Self

Shamrock High School

HOT FOOD ITEMS

Hamburger/Cheeseburger—\$6

Frito Pie—\$4

Nachos—\$4

Meal Deals: \$8

Hamburger/Cheeseburger
Chips
Drink (Coke/Water)
Baked Good

Canned Drinks--\$1

(DP, Coke, Sprite, Diet DP,
Diet Coke)

Gatorade—\$

Bottled Water--\$1

Extras:

Pickles \$1

Chips \$1

Candy \$2

Cotton Candy—\$3

Blow Pops—50 cents

Airheads—50 cents