**WHERE: SHAMROCK ISD**

**100 S. ILLINOIS ST.**

**SHAMROCK, TX 79079**

**WHEN: 1/2A MEET MARCH 4TH**

**3A DIV. 2 MARCH 5TH**

**3A DIV. 1 MARCH 5TH**

**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**

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

**CONTACT MYKALA BENNETT @** [**bennettm@shamrockisd.net**](mailto:bennettm@shamrockisd.net)

**THERE WILL BE BREAKFAST ITEAMS AVALIABLE (BISCUTS & GRAVY, SAUSAGE BISCUTS, BREAKFAST BURRITOS, DONUTS, ETC.)**

**LUNCH MEAL DEAL $7.50 PER MEAL DEAL ITEMS AVALIABLE (SAUSAGE WRAPS, HAMBURGERS, CHICKEN FAJITAS, NACHOS, FRITO PIE, ETC.)**

**T-SHIRT SALES: T-SHIRTS WILL BE AVAILABLE AT THE MEET. SALES WILL BE IDETICAL TO THE**

**STATE MEET. SAME COMPANY SAME PROCESS.**

**1/2A MEET SCHEDULE**

**MARCH 3RD : EARLY WEIGH-IN 4:00PM-6:00PM @ SHAMROCK HIGH SCHOOL**

**MARCH 4TH : 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**

**MARCH 4TH : EARLY WEIGH-IN 5:00PM-7:00PM @ SHAMROCK HIGH SCHOOL**

**MARCH 5TH : 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.**

**3A DIV. 1 MEET SCHEDULE**

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

**MARCH 4TH : EARLY WEIGH-IN 5:00PM-7:00PM @ SHAMROCK HIGH SCHOOL**

**MARCH 5TH : WEIGH-IN 6:00AM-7:30AM**

**OUR INDOOR FACILITY WILL BE AVALIABLE 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**