**THSWPA**

**Region 1 Division 3 2019 Letter**

Coaches,

I hope each of you are off to a great start of this school year. I am excited about the opportunity to be the director for the next two years.

Here is some other information that might be helpful:

Meets must be certified through me via the Girls website if a girls only meet. If it is a co-ed meet it can be registered on either site just click that it is a co-ed meet. Results need to be emailed to me by 4:00 p.m. on the Monday following your meet.**Remember any meet not certified through website, the results will be Null and void. Please notify me if you are hosting a meet.**

**Results:** We will only use the PowerScore system for the rankings again this year. This is a free down load 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, 2019. Late dues will be $200.00 and will only be accepted until February 11, 2019. 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 16, 2019. 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 16, 2019. **Weight class declarations must be made by 4:00 p.m. on Monday, February 18, 2019.** 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**: Division 3 (3A,2A,1A) meet will be Friday, March 1st, 2019 at Seagraves HS. The entry fee this year will be $35 per lifter and **checks will be made out to: Seagraves High School.** 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 15th-16th, 2019. The 5A and 6A

Girls will lift on Saturday and the 1A/2A, 3A and 4A girls will lift on Friday. 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.

All Changes will be highlighted in yellow.

**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.

Finally, Coaches, Please have your kids sign up for the scholarships. Again this year the THSWPA will give 5 - $1000 Scholarships per region. Very important that the scholarship packet is completed or it will not even be considered (all letters, application and transcript.)

I would like to wish each of you a great season and if I can help you out please let me know.

You can call, text or email me at (806) 893-2254 or [jhumphries2121@gmail.com](mailto:jhumphries2121@gmail.com).

Jamie Humphries

THSWPA Region 1, Director Division 3

Athletic Director/ Assistant Principal Seagraves High School