**THSWPA**

**Region II 2015 Letter**

Coaches,

 My e-mail address is roset@hayscisd.net 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. The web site is up and running. (thswpa.com) Additional information that you will need is on its way.

Here is some other information that might be helpful in contacting me:

Work Phone: (512)-268-8454 ext 7781

Fax Number: (512)-268-6127

Cell Phone: (512)-484-8444

 Please let me know if you are hosting a meet this year. Results need to be emailed to me by 4:00 p.m. on the Monday following your meet.

**Results:** The PowerScore system is a free down load and is a very easy system to use at your meet. 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, 2015. Late dues must include an additional $200.00 and will only be accepted until February 10, 2015. 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 21, 2015. 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 21, 2015. **Weight class declarations must be made by 4:30 p.m. on Monday, February 23, 2015.** If I do not hear from you and you have a lifter who is in the top 10 in two weight classes she will be placed in the heavier weight class, please be prompt in your declarations.

 **Regional Meet**: The Division 1(5A & 6A) meet will be Saturday, March 7, 2015 at Lehman High School in Kyle, TX. The entry fee is $35 per lifter. All 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 Corpus Christi on March 20-21, 2015. The 4A and 5A girls will lift on Friday and the 1A-3A and 6A girls will lift on Saturday.

**Rule Clarifications:** (The rule book should be posted on the web site.)

The sock rule for girls has been removed from the rulebook.

Underwear AND lifter briefs worn together are still prohibited.

Tape of ANY kind anywhere on the body including Kinesio tape is not allowed.

“Uneven lockout” has been removed from the bench press.

The term “exposed rubber” has been removed from the rule on wraps. The gripper wraps are now ok to use.

**Qualifying for Regional and State Competition:**

The top 10 lifters from each division will qualify for Regional competition. There are three ways to qualify for Regionals: be in the top 10 of your weight class for your division, reach your weight class’s automatic total or be one of the top two 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’s automatic total at the Regional meet, or be one of the top two lifters in your UIL classification at the Regional meet.

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

Trey Rose,

THSWPA

Region 2, Division 1 Director

Lehman High School