**2017 THSWPA Regional Powerlifting Meet**

**Division 1**

Early Weigh-In: Thursday March 2nd 4:00 to 6:00 pm

Weigh-In: Friday March 3rd Weigh-In 4:00 to 6:00 pm

Judges Meeting 5:45 pm

Coaches Meeting 6:10 pm

National Anthem 6:25 pm

Begin Meet 6:30 pm

Regional Director - Jeff Ramirez

**Paperwork** – You must have the following paperwork for each lifter and alternate lifter. All forms can be found on the THSWPA website.

* Regional release forms
* Eligibility forms
* Drug Testing forms

**Scholarship applications** – form can be found on THSWPA website.

* For SENIORS only
* Bring your application to the meet and turn in with other paperwork

**Athlete Entry fee**

* $35 per lifter.
* Make checks out to **Del Valle Athletic Department**
* Bring checks to the either the early weigh-in or to the regional meet.
* DO NOT MAIL CHECKS
* If you are bringing checks for alternates, put them on separate checks. **No refunds will be given.**
* If you have a qualified lifter that is not going to participate in the Regional meet it is your responsibility to communicate that to me by February 24, 2017, so I can notify the alternate. After February 24, 2016, your school will be charged for any lifter that does not show.

**Platforms**

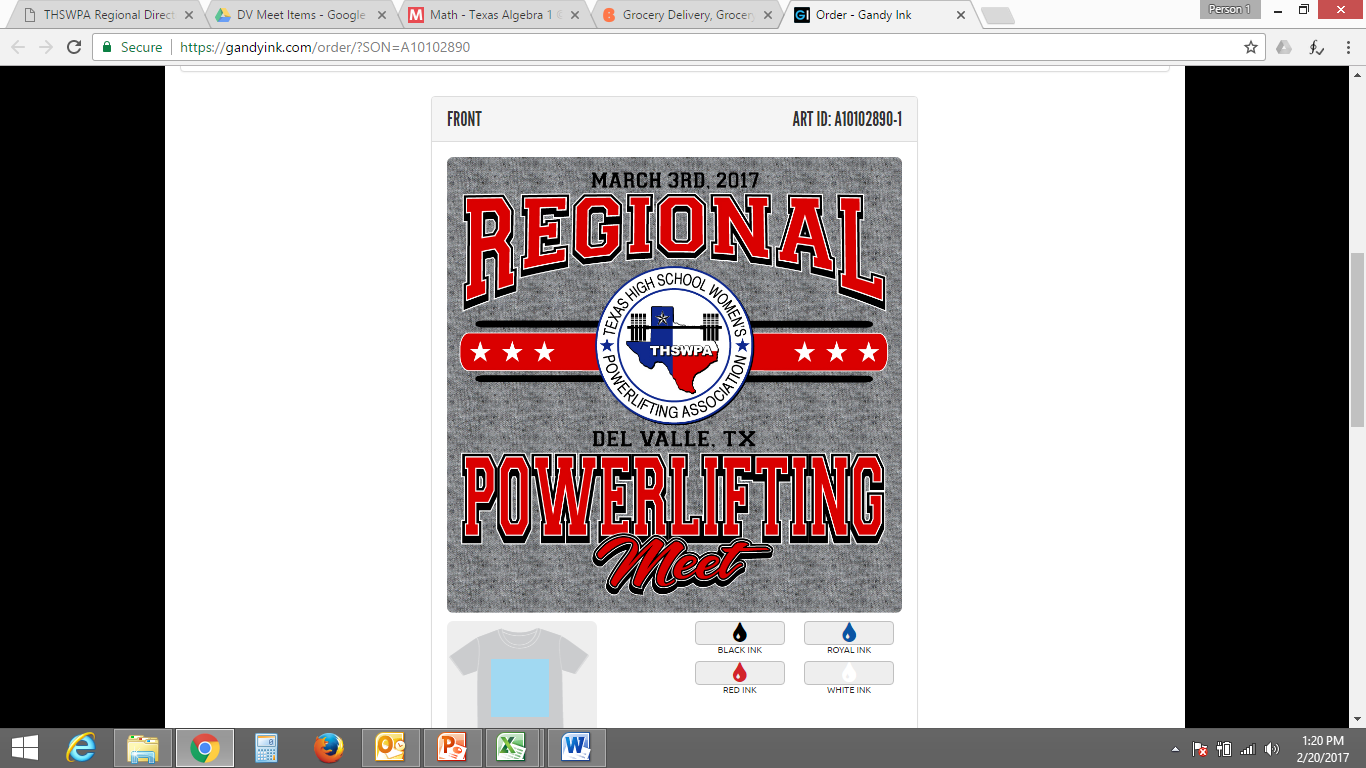
* We will be using four platforms this year and one weight class per flight.
* We will have our weight room open for warm-ups
  + **Therefore, no warm-up time will be given prior to each flight**
* Have lifters check overheads or platforms for flight information.

**Admission**

* Parents and fans will be $5 per person.
* Please pass this info along to your parents/fans.

**Regional T-Shirts**

* Shirts will be sold at the meet - $20 per shirt. They are short sleeve.
* Shirt design –



**Meet Information**

* We will not start Dead Lift until sub totals are posted.
* Listen to all announcements. If you want to announce regional record attempts, fill out a record sheet and hand it to me. Lifters who tie or break regional records will be inspected by a Female judge immediately after completing the attempt, per rulebook, EVEN IF THE ATTEMPT IS NOT ANNOUNCED.
* We will award 1st - 5th place medals and 1st – 3rd team trophies as well as individual lifter awards.

**Advancing to State**

1. Top 2 lifters of each weight class
2. Hit State Qualifying Total at THIS meet.
3. Be one of the top 2 lifters in your school’s UIL classification for your weight class

\*\*\*ties are broken by body weight for advancing to state\*\*\*

**Hotels** – these are just a few near the school. You can do an internet search to find more in the area

Best Western Plus Austin Airport Inn & Suites

1805 Airport Commerce Dr.

Austin, TX 78744

512-386-5455

Comfort Suites Austin Airport

7501 E. Ben White BLVD

Austin, TX 78741

512-386-6000

Quality Inn & Suites Airport

2751 Tx HWY 71 East

Del Valle, TX 78617

512-385-1000