**Location**

Elgin High School

* 14000 County Line Road, Elgin, TX 78621

**Friday 3/3/2023**

| 5:00pm-7:00pm | Early Weigh In (For ALL classifications) (5AD2, 5AD1, 6A) at HS Field House |
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**Saturday 3/4/2023:** *All times are subject to change due to delays.*

| 5:30am-7:00am | Weigh in for 5AD2 lifters |
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| 7:00 am | Table Workers/Spotters Report |
| 7:15 am | Judges Meeting |
| 7:30 am | Coaches Meeting |
| 8:00am-11:00am | Bars loaded for 5AD2 group and completed. (Awards in 2nd Gym) |
| 9:30am-11:00am | Weigh in for 5AD1 lifters |
| 11:30 am | Coaches Meeting |
| 11:35 am | Table Workers/Spotters Report |
| 12:00pm-3:00pm | Bars loaded for 5AD1 group and completed. (Awards in 2nd Gym) |
| 1:30-3:00 pm | Weigh in for 6A lifters |
| 3:30 pm | Coaches Meeting |
| 3:35 pm | Table Workers/Spotters Report |
| 4:00pm-7:00pm | Bars loaded for 6A group and completed. (Awards in 2nd Gym) |

* Make sure all checks and forms are filled out and turned in at weigh in.
  + Entry Fee Checks, Eligibility, Drug Testing, Release Form (Website)
* All award ceremonies will be conducted in the second gym.
* The weight room in FH will be used for all warm ups. Minimal breaks between flights.
* All checks will be made out to, “Elgin ISD” ($35 per lifter)

Regional Director: Jacob Rowe (817) 681-4762

Meet Expeditor: Chris Mueller

Head Judge: Brad Gunn

Elgin Athletic Director: Jens Anderson

Elgin Boys & Girls Coordinators: Heath Clawson & Stephanie Ferguson

For live updates or changes follow me on Twitter: [@rowe\_coach](https://twitter.com/rowe_coach)