



# THSWPA

Texas High School Women's Powerlifting Association

Coaches-

The following will be the itinerary for the THSWPA Region 2 Divisions 1 & 2 Powerlifting Meet, along with some reminders that might be helpful.

**Please double check all of your lifters names, totals, and placings. Notify me of any changes that need to be made as soon as possible.**

## **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 20, 2018 at 4:00pm, so I can notify the alternate. **After February 19, 2019, your school will be charged for any lifter that does not show.**

## **Agenda**

**Early Weigh-In Date:** Friday, Mar 1<sup>st</sup>, 2019

**Early Weigh-In Time:** 5 pm - 7 pm

**Location:** DVHS Main Gym

**Weigh-In Date:** Saturday, Mar 2<sup>nd</sup>, 2019

**Weigh-In Time:** 6:30 am – 8:00 am

**Location:** DVHS Main Gym

**Judges Meeting:** 8:10 am

**Coaches Meeting:** 8:30 am

**National Anthem:** 8:57 am

**Bars Loaded:** 9:00 am

**We will be presenting awards after competition is completed.**

### Regional Qualifying totals

97.5 - 515  
105.5 - 585  
114.5 - 635  
123.5 - 675  
132.5 - 720  
148.5 - 775  
165.5 - 785  
181.5 - 810  
198.5 - 830  
220.5 - 865  
259.5 - 890  
SHW - 915

### State Qualifying totals

97.5 - 550  
105.5 - 625  
114.5 - 675  
123.5 - 725  
132.5 - 775  
148.5 - 800  
165.5 - 825  
181.5 - 850  
198.5 - 875  
220.5 - 900  
259.5 - 925  
SHW - 950

The following are some reminders that might be helpful.

- **Bring the State and Regional release forms, drug testing affidavits, and eligibility forms to Weigh-in.**

- **Bring any scholarship applications (must be seniors, 1 application per school)**

- THSWPA will give 5 - \$1000 Scholarships per region. Very important that the scholarship packet is complete or it will not even be considered (all letters, application and transcript.)

-Lifters must be weighed nude or in underwear and/or bra (without underwire). Jewelry, glasses, metal, hair accessories, wet hair, and any clothing not previously stated are strictly forbidden. If a question exists regarding weight of undergarments, the lifter may be requested to reweigh in the nude.

-**There will be no one allowed in the weigh-in area except Weigh-In Officials.**

- Lifters may only compete in the weight class in which they qualify at the official weigh-in at all meets including Invitational, Regional and State. At the Regional and State meets, lifters must compete in their declared and qualified weight class. Failure to make proper weight will eliminate the lifter from all competition.

-A lifter who qualifies for the Regional Meet may qualify for the State Meet by either

- 1) finishing first or second in her weight class
- 2) posting a qualifying total for her class
- 3) qualifying within the "top 2 rule by classification". (Ex. At Regionals, if the top 2 finishers in a weight class are 5A, the top 2 6A girls, regardless of place, would go to State to represent their 6A Region).

### Admissions

- \$5 per person
- Please pass this info to your parents and fans

## Platforms

- We will be using eight platforms this year
- One weight class per flight.
- Three flights per platform.
- 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.

## 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 Deadlift 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 attempt to 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.
- **No earrings on the platform, tape/band-aid covering earrings will result in a miss lift.**
- The hospitality room will be for workers and judges only. Please plan accordingly.

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

<u>Best Western Plus Austin Airport Inn &amp; Suites</u>  1805 Airport Commerce Dr. Austin, TX 78744 512-386-5455	<u>Comfort Suites Austin Airport</u>  7501 E. Ben White BLVD Austin, TX 78741 512-386-6000	<u>Quality Inn &amp; Suites Airport</u>  2751 Tx HWY 71 East Del Valle, TX 78617 512-385-1000
---	--	---

As always if there are any questions please don't hesitate to contact me!

Good luck the remainder of the season.

Thank you,  
Jeff Ramirez  
Regional Director 2 Div 1 & 2  
(512) 757-3823  
[Jeffrey.ramirez@dvisd.net](mailto:Jeffrey.ramirez@dvisd.net)