**2014 THSWPA Regional Powerlifting Meet**

**Division 2 and 3**

**Friday Weigh In 4:30 to 6:00 pm**

**Saturday Weigh In 6:30 to 8:00 am Andrew Dews - Meet Director**

**Judges Meeting 8:00 Tim Swan - Chief Judge**

**Coaches Meeting 8:20 Darren Turley – Chief Judge**

**National Anthem 8:55** **Andrew Dews - Regional Director**

**Begin Meet 9:00**

* **Membership Dues are passed due and no longer accepted unless you have made prior arrangements with our Business Director, Patrick Boutwell.**
* **Have paperwork for each lifter and alternate. Regional release forms, Eligibility forms and Drug forms can be found on the thswpa.com website. These forms will not have to be redone for State unless your school completes a grading period between the regional and state meets, then you will need a new Eligibility form.**
* **Entry fee is $35.00 per lifter. Make checks out to Gatesville High School Powerlifting and either bring them or mail them to**

**Andrew Dews**

**Gatesville High School**

**205 S. Lovers Lane**

**Gatesville, TX. 76528**

* **Weight class declarations must be made by 4:30 pm, Feb. 17, 2014. If I do not hear from you by that time your lifter will be placed in the heavier class. Also, contact me with spelling corrections so I can eliminate double entries and clarify alternates.**
* **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, 2014, so I can notify the alternate. Your school will be charged for any lifter that does not show.**
* **As per the THSWPA rulebook, anyone attempting a record lift will be checked at the platform and or in the locker room for illegal suiting and equipment.**
* **Judges will be enforcing uniform rules** (double suiting, shirts, socks on deadlift, no jewelry, etc…). **Please read** over these rules again prior to the Regional meet. **What has been allowed at invitational meets is of no consequence.**
* A judge's red light is their way of communicating a ‘visible infraction’. If the infraction is repeated expect another red light. **Video of a lift will not be reviewed.**
* Lifters dumping the bar (opening hands and dropping on DL or dumping backwards on squat) can be disqualified from the meet by judges. Your lifter controls this situation. If your lifter dumps the weight, it FORCES the judges to make a judgment call and the lifter and coach lose all control.
* Please park buses in the large parking lot across the street from the front door of the gym. The back doors of the gym will be kept locked.
* Lifters camp section will be on the visitor’s side (west) across from the platforms. Ask your lifters not to climb over the rails. Please help in cleaning up your team’s area at the end of the meet.
* We will be using six platforms and warm up will take place between flights.
* Please NO FOOD, or HONEY ON THE GYM FLOOR.
* If there is a unanimous decision by the 3 platform judges to remove (disqualify) a lifter from the meet, the decision will be supported by Chief Judges and the Regional Meet Director.
* The lifter's card is the official scoring document. Have lifters report next lift to table workers and verify previous lifts at table. We cannot change results based on your records. We can pull the card and verify if it was entered correctly into the computer.
* Get lifter to platform - 1 minute after "bar is loaded" or they **will be timed out.**
* We will break for 10-15 minutes between flights for warm ups. We will try to get through all Bench Press before lunch. We will not start Dead Lift until sub totals are posted.

**Advancing to State:**

1. Top 2 lifters of each weight class
2. Hit SQT at THIS meet.
3. Top two lifters in each UIL classification for each weight class

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

**Accommodations:**

Ramada

111 N. Hwy 36 Bypass

Gatesville, TX. 76528

Phone # (254)-865-1207

Fax # (254)-865-2356

Best Western

Chateau Ville Motor Inn

2501 E. Main Street

Gatesville, TX. 76528

Phone # (254)-865-2281

Fax # (254)-865-7691

Weston Inn Suites

711 W. McGregor Dr.

McGregor, TX. 76657

Phone # (254)-840-0444

Fax # (254)-840-0222

McGregor is @20 miles away.

Temple and Waco are @35 miles away and have many hotel options. I apologize for any inconvenience.