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| T H S W P ATexas High School Women's Powerlifting Association |

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**Region 2 3A & 4A Meets**

Coaches-

The 2023 THSWPA Region 2 3A & 4A Powerlifting Meets will be held at Dublin HS, with 4A-D1 & 4A-D2 on Friday, March 3, and 3A-D1 & 3A-D2 on Saturday, March 4.

**Admission: $5.00**

**Checks for the lifter fees need to be made out to Dublin Athletics. The fee is $35 per lifter. No refund if your lifter fails to make weight. If paying with cash, please have exact change. Must pay prior to meet or morning of meet. NO IOU’s. PLEASE DO NOT INCLUDE MEAL MONEY WITH ENTRY FEES.**

**Location: Dublin High School, 2233 E State Hwy 6, Dublin, TX**

**4A 3A**

**Early Weigh-In Date: Thursday, March 2, 2023 Friday, March 3, 2023**

**Early Weigh-In Time: 5:00 pm-6:30 pm. 5:00 pm-6:30 pm.**

**Weigh-In Date: Friday, March 3, 2023 Saturday, March 4, 2023**

**Weigh-In Time: 6:00 am-7:30 am. 6:00 am-7:30 am.**

**Judges Meeting: 7:45 am 7:45 am**

**Coaches Meeting: 8:00 am 8:00 am**

**National Anthem: 8:25 am 8:25 am**

**Bars Loaded: 8:30 am 8:30 am**

**6 PLATFORMS - 2 FLIGHTS**

**We will take a 30 MINUTE LUNCH BREAK AFTER EACH PLATFORM HAS FINISHED WITH LAST BENCH.**

**WE WILL NOT START DEAD LIFT UNTIL SUB TOTALS ARE POSTED.**

**JUDGES WILL BE ENFORCING UNIFORM RULES.**

**PLEASE READ YOUR RULE BOOK.**

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).

The last qualifying date will be Saturday, February 18, 2023. 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 19, 2022. **Weight class declarations must be made by 4:00 p.m. on Monday, February 20, 2023**. If I do not hear from you and you have a lifter who is in the top 12 in two weight classes she will be placed in the heavier weight class. **Also, at this date and time, each school becomes responsible for the entry fee for each lifter they have qualified.**

-Lifters must be weighed nude or in underwear and/or bra. 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 who rank in the top twelve totals or reach the Regional qualifying total at an Invitational Meet, for their weight class in each region and in each classification (4A-I, 4A-II,3A-I, 3A-II, 2A/A) will qualify for Regional Meets. Rankings are listed and certified by the T.H.S.W.P.A. Regional Directors. The top 2 lifters per weight class in each classification will advance to the State Meet, along with any lifters who meet the State Qualifying Total at the regional meet.

**-** 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 1) either finishing first or second in her weight class, 2) by posting a qualifying total for her class as follows or 3) by qualifying within the “top 2 rule by classification”. (Ex. At Regionals, if the top 2 finishers in a weight class are 4A-I, the top 2 4A-II girls, regardless of place, would go to State to represent their 4A-II Region).

Regional Qualifying totals State Qualifying totals

97.5 - 515 97.5 - 550

105.5 - 585 105.5 - 625

114.5 - 635 114.5 - 675

123.5 - 675 123.5 - 725

132.5 - 720 132.5 - 775

148.5 – 775 148.5 - 800

165.5 - 785 165.5 - 825

181.5 – 810 181.5 - 850

198.5 – 830 198.5 - 875

220.5 – 865 220.5 – 900

259.5 - 890 259.5 - 925

SHW – 915 SHW – 950

**MEAL DEAL**: The Dublin Athletic Booster Club will have a meal deals available for lunch. The meal will consist of a pulled pork or brisket sandwich, chips, & water for $8.00.

Please contact Carrie Adair to pre-order meals for your lifters by Friday, February 24 via text or email at 254-967-4813 or carrieadair123@yahoo.com and please indicate if they are for Thursday or Friday. Checks for meals should be made out to **Dublin Athletic Booster Club. CHECKS FOR MEALS MUST BE SEPARATE FROM ENTRY FEES.**

Regional Meet tee shirts, sweat tops/jackets will be available to purchase through Fine Designs.

**HOTELS FOR REGION 2 Meet**

These are some hotels in the area within 25 minutes.

Central Inn 254-445-2138 and Relax Inn 254-445-0499 are both in Dublin

Best Western Plus Stephenville Inn or LaQuinta Inn & Suites Stephenville – Contact Sonia at 806-440-4712 (cell) and she can work with you on availability & rates for either of these hotels.

Hampton Inn & Suites Stephenville – 254- 918-5400 (has rooms available for Thursday night only)

Best Western Comanche Inn – 325-356-2300

Any questions? Contact me at ghardcastle@dublinisd.net or 254-592-5699

Greg Hardcastle

THSWPA

Region 2 Director Division 2 & 3

Dublin HS