**REGION II DIV II/III REGIONAL DIRECTOR’s LETTER**

**2016**

**My e-mail address is paul.williams@academyisd.net, if you have not gotten an e-mail from me in the past please send me a message so I can add you to my contact list. The new web site is up and running. (thswpa.com) It is still a work in progress but the information that you need at this time is there.**

**Please let me know if you are hosting a meet this year. Results need to be emailed to me by 4:00 p.m. on the Monday following your meet.**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*The last qualifying date is 20 Feb 2016 \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**Results: We will only use the PowerScore system for the rankings again this year. This is a free down load and is a very easy system to use at the meets. All meets must use this form and send it to me in this format. Results sent to me in any other format WILL NOT be included in the rankings.**

**Dues: Boys and Girls dues are sent to different places so please inform your business department accordingly. State dues are $75.00 and must be post marked by February 1, 2016. Late dues will be $200.00 and will only be accepted until February 15, 2016. Any dues postmarked past that date will be returned and your lifters will be disqualified from the Regional meet. Please make sure your business department is also aware of this deadline. Complete the registration form and send it along with payment to:**

**THSWPA**

**PO Box 3021**

**Brownsville, Texas 78523**

**Last Meet: The last qualifying date will be Saturday, February 20, 2016. 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 20, 2016. Weight class declarations must be made by 4:00 p.m. on Monday, February 22, 2016. If I do not hear from you and you have a lifter who is in the top 10 in two weight classes she will be placed in the heavier weight class.**

**Regional Meet: The Division II (4A) meet will be Thursday , 3 March, 2016 at Academy High School, Texas. The Div III ( 1A-3A) will be 5 March 2016 at Academy High School. The entry fee this year will be $35 per lifter. Tickets at the door are $5. I will send out more details as the meet gets closer.**

**State Meet: The state meet will be in Corpus Christi on March 18-19, 2016. The 4A and 5A**

**girls will lift on Saturday and the 1A/2A, 3A and 6A girls will lift on Friday. Entry Fee is $35 per lifter, extra wrist bands will not be available.**

**Rule Clarifications:**

**The rule book is posted on the site.**

**Changes:**

**• The Sock rule has been removed (socks Are optional)**

**• Underwear and lifter brief worn together is still prohibited**

**• Tape of any kind (including Kinesio Tape) is not allowed**

**• Uneven Lockout has been removed form rulebook**

**• The term “exposed rubber” has been removed from the rule on Wraps**

**• Realignment will be designated similar to the Boys association (1A,2A, and 3A will be Division 3; 4A will be Division 2, and 5A and 6A will be division 1)**

**• At Girl’s State Meet 1A and 2A will be combined for the sake of competition under the 2A umbrella)**

**Qualifying for Regional and State Competition:**

**The top 10 lifters from each division will qualify for Regional competition. There are three ways to qualify for Regionals: be in the top 10 of your weight class for your division, reach your weight class’s automatic total or be the one of the top 2 lifters from your UIL classification.**

**There are three ways to qualify for State: place in the top two at Regional competition, reach your weight class’ automatic total at the Regional meet, or be the one of the top 2 lifters in your UIL classification at the Regional meet.**

**Good Luck to you all and I hope to see you around at the meets.**

**If any rules questions or general concerns please Call or email me. (254) 780-5738 or paul.willliams@academyisd.net**

**Paul Williams**

**THSWPA**

**Region 2, Division 2/3 Director**

**Strength/Conditioning Coord.**

**Academy High School**

**More info to follow as we get near the season.**

**Thanks and hope your season is a successful one!**

**V/R**

**Paul Williams**