**THSWPA 2024 REGION 3 DIVISION 1 POWERLIFTING MEET**

**WEDNESDAY WEIGH IN (February 28th) 5:30 TO 7:00 PM**

**THURSDAY WEIGH IN (February 29th) 2:00 TO 3:30 PM**

**(ALL TIMES ARE TENTATIVE AND SUBJECT TO BE MOVED BACK BUT NOT UP)**

**COACHES MEETING 3:50 PM**

**JUDGES MEETING 4:00 PM**

**NATIONAL ANTHEM 4:10 PM**

**SQUAT BEGINS 4:15 PM**

**LIFTING VENUE: PINE TREE HIGH SCHOOL PIRATE CENTER**

**900 Northwest Dr, Longview, TX 75604**

**QUALIFIER INFORMATION**

IF YOU HAVE A LIFTER THAT IS NOT GOING TO PARTICIPATE IN THE REGIONAL MEET IT WAS YOUR RESPONSIBILITY TO NOTIFY ME **BY MONDAY, FEBRUARY 19, 2024**, SO I CAN NOTIFY THE ALTERNATE. YOUR SCHOOL WILL BE CHARGED FOR ANY LIFTER THAT DOES NOT SHOW.

**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 MEET UNLESS YOUR SCHOOL COMPLETES A GRADING PERIOD BETWEEN THE REGIONAL AND STATE MEETS, THEN YOU WILL NEED A NEW ELIGIBILITY FORM.

**SCHOLARSHIP APPLICATIONS: IF YOU HAVE A SENIOR YOU WANT TO SUBMIT FOR A CHANCE AT A SCHOLARSHIP…IT MUST BE TURNED IN AT WEIGH-IN OR THE DAY OF THE REGIONAL MEET. THE THSWAP WILL BE GIVING OUT 5 SCHOLARSHIPS.**

**(Make sure each lifters application and information are in their own individual envelope when they are turned in)**

**ENTRY FEES & MONEY**

**ENTRY FEE IS $50.00 PER LIFTER. MAKE CHECKS PAYABLE TO: PINE TREE ISD ATHLETIC DEPARTMENT.**

**BRING EXTRA CHECK OR CASH FOR ALTERNATE LIFTER(S).**

**NO REFUNDS. NO CHANGE**

**DO NOT MAIL CHECKS. PLEASE BRING CHECKS WITH YOU.**

CONTACT ME WITH SPELLING CORRECTIONS SO I CAN ELIMATE DOUBLE ENTRIES AND CLARIFY ALTERNATES. @ [Rportley@ptisd.org](mailto:Rportley@ptisd.org)

**RULES OF COMPETITION**

JUDGES WILL BE ENFORCING UNIFORM RULES.

**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.**

**2 BUMPS ARE ALLOWED. MAKE SURE YOU ARE FAMILIAR WITH THE BUMP RULES IN THE RULEBOOK.**

**VIDEO OF A LIFT WILL NOT BE REVIEWED.**

**FOOD & CONCESSION STAND**

**WE WILL BREAK FOR 15 MINS BETWEEN BENCH AND DEADLIFT (PER PLATFORM). WE WILL WORK TO POST SUBTOTALS AND GIVE A CHANCE TO GRAB FOOD, BUT WANT TO KEEP THE MEET MOVING.**

**We will be providing two coaches meal per school that day.**

**PLEASE NO OUTSIDE FOOD IN THE GYM**

**Meal Deal – $8.00 (Slim Chicken Sandwich, Candy, Drink). We will also have a concession stand available as well.**

**Meal Deal Checks are made Payable to: Pine Tree Athletic Department**

**IF YOU PLAN ON GETTING MEAL DEALS I NEED THE NUMBER OF MEALS BY MONDAY February 26, 2024 BY 4:00pm**

**THERE WILL BE A GOOGLE SHEET WHERE OPENERS CAN BE INPUTTED. FILL IN YOUR LIFTERS OPENERS THAT WILL HELP US GET LIFTERS CARDS READY FOR PACKETS. (THESE NEEDED TO BE INPUTTED BY THE END OF THE DAY ON TUESDAY FEBURARY 23RD. PLATFORM & FLIGHT ASSIGNMENTS WILL BE POSTED AND AVAILABLE BY WEDNESDAY FEBURARY 28TH.**