**REGION 3 DIVISIONS 1 & 2
POWERLIFTING CHAMPIONSHIPS**

Coaches, as the date nears for the regional meet, please look over this document as it should answer most of your questions.

**WHERE:**
 *Paris High School Gymnasium – 2255 South Collegiate Drive Paris, TX 75460*

**WHEN:**
 Friday February 27th
 **Early weigh in** – Paris High School 5:00 – 6:30 p.m.

Saturday February 28th

**Weigh In** – 6:30 a.m. – 8:00 a.m.
 **Coaches meeting** – 8:30 – 8:45 a.m.
 **Judges meeting** – 8:45 a.m.
 **Lifting Begins** – 9:00 a.m.

**WHO:**

Meet Director – Brian Clark

Head Judge – Jim Lamb

**ENTRY FEE:**

$35.00 per lifter – Checks should be made out to **Ferris Athletics**. Please bring your check with you to the meet, do not have them mailed. Bring an extra check or cash for an alternate lifter if needed.

**ADMISSION:**

 Adults - $7.00 Students - $5.00

**MEALS**

Details will be provided on meal plans later. A hospitality room will be provided for coaches. A concession stand will be available.

**THSWPA FORMS:**

Copies of the eligibility and release forms must be turned in prior to the competition. The forms can be found in the Documents section of the THSWPA website at [www.thswpa.com](http://www.thswpa.com).

**LAST QUALIFYING DATE:**

February 21st is the last date to qualify for regional competition. Meet results from the last qualifying date should be sent to me by midnight that night or the results will not be accepted. Meets taking place during the week of the last qualifying date must consist of at least four different schools with at least 25 total girl lifters.

**WEIGHT DECLARATIONS**

Weight declarations must be made for your athletes by Monday, February 23rd, 2014 at 4 p.m. If you do not make a declaration by that time, any lifter in question will be placed in the heavier weight class.

**WHO QUALIFIES**

Lifters who rank in the top ten totals for their weight class plus the next two alternates in each division will qualify for the regional meet. If a classification is not represented at the regional meet, the lifter with the highest total from that classification will be added to meet. (Ex. If there is no 5A lifter in the top ten of the 114.5 weight class the next highest 5A lifter will be added.)

**NOTIFICATION OF QUALIFIERS**

Regional qualifiers will be posted on the girls website [www.thswpa.com](http://www.thswpa.com) on Monday, February 23rd. If you have a qualified lifter that is not going to participate at the regional meet, it is your responsibility to communicate that to me by Monday, February 23rd at 4:00pm so that I can notify an alternate. Your school will be charged for any lifter that does not show if I am not notified.

**ALTERNATE LIFTERS**

I encourage you to bring lifters that were close to the top 12. They will be allowed to weigh in early. There may be a few spots open up on the day of the meet due to extenuating circumstances.

**SCHOLARSHIP APPLICATION**

THSWPA is giving out 18 scholarships of $1000 each to seniors who qualify. There will be one scholarship given to each division in each region. Go to [www.thswpa.com](http://www.thswpa.com) to download the document. All nominees must meet the requirements and nominations should be submitted during registration at the regional meet.

**ADVANCEMENT TO STATE**

There are two ways for a lifter to advance to state:

1. Be in the top two lifters of your weight class in your school’s classification (ie, the top two 5A AND the top two 6A lifters will all qualify in the same weight class).
2. Lift an automatic state qualifying total

**STATE MEET INFORMATION**

The state meet will be held at the American Bank Center in Corpus Christi. 6A schools will compete on Saturday, March 21st, 2015. 5A and 4A Schools will compete on Friday, March 20th.

Please contact me if you have any questions.

Brian Clark

E-mail: brianclark9784@gmail.com

Cell Phone: (972) 822-1178

**Local Hotels:**

Paris:

America’s Best Value Inn – (903) 785-5566
Baymont Inn & Suites – (903) 785-5545
Comfort Inn & Suites – (903) 785-0089

Days Inn Paris – (903) 784-8164
Hampton Inn Paris – (903) 784-6536

Holiday Inn Express & Suites – (903) 785-0088
King’s Inn – (903) 739-8499

La Quinta Inn & Suites – (903) 783-9600
Paris Extended Stay Suites – (903) 784-7731

Quality Inn – (903) 784-7481