**THSWPA**

**Region V 2015 Letter**

**DIVISION 2&3**

Coaches**,**

My name is Stephen Liska; I am the Girls Regional Director for Region V Division 2 & 3.

My e-mail address is [sliska@pisd.us](mailto:sliska@pisd.us) 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 web site is up and running. (thswpa.com) Additional information that you will need is on its way.

Here is some other information that might be helpful in contacting me:

Work Number: (830)-569-1235

Cell Number: (210)-710-2464 (leave message)

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.

**Results:** The Power Score system is a free down load and is a very easy system to use at your meet. 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, 2015. Late dues must include an additional $200.00 and will only be accepted until February 10, 2015. 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 21, 2015. 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 21, 2015. **Weight class declarations must be made by 4:30 p.m. on Monday, February 23, 2015.** **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 2(4A) & 3(1-3A) meets will be Saturday, March 7th, 2015 at Pleasanton High School. The entry fee is $35 per lifter. All tickets at the door are $5. We will send out more details as the meet gets closer.

**State Meet:** The state meet will be in Corpus Christi on March 20-21, 2015. The 4A and 5A girls will lift on Friday and the 1A-3A and 6A girls will lift on Saturday.

**Rule Clarifications:** (The rule book should be posted on the web site.)

The sock rule for girls has been removed from the rulebook.

Underwear AND lifter briefs worn together are still prohibited. (3 ply rule)

Tape of ANY kind anywhere on the body including **Kinesio** tape is not allowed.

The term “exposed rubber” has been removed from the rule on wraps. (**Inzer- Grippers are Allowed).**

**Qualifying for Regional and State Competition:**

The top 10 totals from each division will qualify for Regional competition. There are three ways to qualify for Regionals: be in the top 10 totals of your weight class for your division, reach your weight class’s automatic total or be one of the top two lifters from your UIL classification.(1A and 2A are still one classification together) There are three ways to qualify for State: place in the top two at Regional competition, reach your weight class’s automatic total **at the Regional meet,** or be one of the top two lifters in your UIL classification at the Regional meet.

This is an election year. I will be glad to answer any questions you may have about what all is involved. We will have an election at the Regional meet.

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

Stephen A. Liska,

THSWPA

Region 5: Division 2 & 3 Director

Pleasanton High School