***THSWPA***

***2023 REGION V CHAMPIONSHIPS***

**Richard M. Borchard Regional Fairgrounds**

**1213 Terry Shamsie Blvd**

**Robstown, TX 78380**

***ENTRY FEE $45 PER LIFTER***

***CHECKS PAYABLE TO***

***San Diego Powerlifting Activity Account***

***packets will include:***

***1 wrist band (coach) more than number of lifters up to 4 wristband max***

***Regional qualifying lifters will receive wristband upon being weighed in***

***you may purchase up to 2 wrapper wristbands per team @ $10.00 each at registration***

***regional meet itinerary***

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| ***Friday march 3rd*****Early Weigh Ins****3:00pm – 5:00pm*****Saturday march 4th***  **Weigh Ins****5:30am – 7:00am**judges meet at **7:10**Coaches meet at **7:25**National Anthem **7:55**Competition starts at **8:00**Bench at **10:00**Lunch at **11:30**Deadlift at **12:30**Awards Ceremony at **3:00*****Important Information******No ice chests or food will be allowed; Clear bag policy is in effect******Dues must be paid in order to compete******Declarations must be made by Monday February 20 & no later than 4pm; at this time, each school will become responsible for the entry fee for each lifter they have qualified******Alternates are encouraged to attend, but will need a separate check; no refunds/change******Required Forms: Eligibility, Drug affidavit, Regional/State Release******6 Platforms; Three Flights (assignments TBD)******Admission: $10 at the Gate; No online ticket sales******parking is $5****For questions, comments, or concerns please contact me via text or email.**(956) 472-1825 / tmartinez@sdisd.us* |
|  ***Tomas Martinez*** ***Director - Region V Div. 3*** ***THSWPA – Vice President*** |
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