***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](mailto:tmartinez@sdisd.us)* | |
| ***Tomas Martinez***  ***Director - Region V Div. 3***  ***THSWPA – Vice President*** | |
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