**2015 THSWPA Region 5 Powerlifting Meet**

**Division 2 and 3**

**Friday Weigh In 4:30 to 6:00 pm**

**Saturday Weigh In 6:30 to 7:45 am**

**Coaches Meeting 8:00 In the Hospitality Room**

**Judges Meeting 8:20 In the Training Room**

**National Anthem 8:50**

**Squat Begins 9:00**

* **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 unless your school completes a grading period between the regional and state meets, then you will need a new Eligibility form.**
* **Entry fee is $35.00 per lifter. Make checks out to Pleasanton ISD and either bring them or mail them to**

 **Attn: Athletic Dept.**

**Pleasanton HS**

**831 Stadium Dr.**

**Pleasanton, TX. 78064**

* **Please contact me with spelling corrections so I can eliminate double entries and clarify alternates.**
* **If you have a qualified lifter that is not going to participate in the Regional meet it is your responsibility to communicate that to me by Monday, March 2nd 2015, so I can notify the alternate. Your school will be charged for any lifter that does not show.**
* **Judges will be enforcing uniform rules** (double suiting, shirts, no jewelry, etc…). **Please read** over these rules again prior to the Regional meet. **What has been allowed at invitational meets is of no consequence.**
* A judge's red light is their way of communicating a ‘visible infraction’. If the infraction is repeated expect another red light. **Video of a lift will not be reviewed.**
* Lifters dumping the bar (opening hands and dropping on DL or dumping backwards on squat) can be disqualified from the meet by judges. Your lifter controls this situation. If your lifter dumps the weight, it FORCES the judges to make a judgment call and the lifter and coach lose all control.
* Please park buses in the designated area, in the large parking lot at the front entrance of the gym. The back doors of the gym will be kept locked.
* Division 3 will be lifting on 3-Platforms on the Visitors side of the Gym.

Division 2 will be lifting on 3-Platforms on the Home side of the Gym. Ask your lifters not to climb over the rails. Please help in cleaning up your team’s area at the end of the meet. **NO Ice chests will be allowed into the Complex-Gym.**

* We will Flight the Platforms and warm-up will take place between flights, on the Platforms.
* Please NO FOOD or HONEY ON THE GYM FLOOR.
* If there is a unanimous decision by the 3 platform judges to remove (disqualify) a lifter from the meet, the decision will be supported by Chief Judges and the Regional Meet Director.
* 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.
* Get lifter to platform - **1 minute** after "bar is loaded" or they **will be timed out.**
* We will break for 10-15 minutes between flights for warm ups. We will try to get through all Bench Press before lunch. We will not start Dead Lift until Sub totals are posted.

**Advancing to State:**

1. Top 2 lifters of each weight class
2. Hit SQT at **THIS** meet.
3. Top two lifters in each UIL classification for each weight class

**(At state 1A and 2A will lift together.  So there will not be 2-1A**

 **girls and 2-2A girls. There will only be 2 from that combined group.)**

\*\*\*ties are broken by body weight for advancing to state\*\*\*

**Things to bring: (on March 6th or March 7th to Pleasanton)**

**A. Entry Fee $35.00 per lifter**

**B. Make checks out to: Pleasanton ISD**

**C. Eligibility** list from the rulebook, which can be obtained on the thswpa.com website; needs to be signed by your HS **principal or superintendent**

**D. 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.

**Respectfully,**

**Stephen Liska**

**Regional Director**

**(210)710-2464 Cell**