**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**

**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**

**PACKETS will contain:**

**2- Coaches Meal Tickets/Wrist-Bands**

**Lifter Wrist-Bands**

**Wrapper Wrist-Bands**

**Number of Wrappers per Team Lifters**

**17-20 Lifters = 5**

**16-13 Lifters = 4**

**12-8 Lifters = 3**

**7-4 Lifters = 2**

**3-1 Lifters = 1**

**Respectfully,**

**Stephen A. Liska**

**Region 5 Div. 2 & 3 Girls Director**