**THSWPA**

**Region VI 2016 Letter**

Coaches,

My e-mail address is [Kenny.wilkerson@wylieisd.net](mailto:Kenny.wilkerson@wylieisd.net) 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: (972)-429-3100

Cell Number: (903)-819-1167

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, 2016. Late dues must include an additional $200.00 and will only be accepted until February 10, 2016. 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 20, 2016. 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 20, 2016. **Weight class declarations must be made by 4:30 p.m. on Monday, February 22, 2016. 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.**

**Div 1 Regional Meet**: The Division 1(6A & 5A) will be held at Princeton High School on Thurs, Feb 25th, with lifting beginning at 5:00 pm. With early weigh-ins Wed Feb 24th from 4:30-6:00 pm. The entry fee is $35 per lifter. We will send out more details as the meet gets closer. All Entry Fees will still be made out WPABC

**Div 2 Regional Meet**: The Division 2(4A) will be held at Princeton High School on Fri, Feb 26th, with lifting beginning at 5:00 pm. Early weigh-ins will be 5:30-7:00 pm on Thursday Night Feb 25th during the Div 1 Meet. The entry fee is $35 per lifter. We will send out more details as the meet gets closer. All Entry Fees will still be made out WPABC

**State Meet:** The state meet will be in Corpus Christi on March 18-19, 2016.

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

**Killer Bee bench shirts are legal**

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 Regionals:**

There are 3 ways to qualify for the Regional Meet.

#1-Have a total equal to or above the Regional Qualifying Total at an Invitational Meet

(New this Year)

#2-Be in the Top 10 for your weight class for the region

#3-Be 1 of the 2 representatives for each classification in your weight class (6A/5A only)

**Qualifying for State:**

There are 3 ways to qualify for the State Meet.

#1-Have a total equal to or above the State Qualifying Total at an Invitational Meet

#2-Be in the Top 2 for your weight class at the Regional Meet

#3-Be 1 of the 2 representatives for each classification in your weight class (6A/5A only)

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

Kenny Wilkerson,

THSWPA

Region 6, Division 1 & 2 Director

Wylie High School