



The Region 3 Division 3(3A) & 4(1A&2A) Regional Meet  
will be on  
**Saturday, March 5<sup>th</sup>, 2022 at Malakoff High School,  
Malakoff TX**

- **Lifting**

- Begins at 8:30 AM in the Gym (Map attached) Please park busses and school vehicles where shown on the map.

- **Platforms**

- There will be 5 platforms, and flights.

	Squat Flight 1	Squat Flight 2	Bench Flight 1	Bench Flight 2	Dead Flight 1	Dead Flight 2
Platform #1	<b>114,123,132</b>	<b>114,123,132</b>	<b>114,123,132</b>	<b>114,123,132</b>	<b>114,123,132</b>	<b>114,123</b>
Platform #2	<b>148,165</b>	<b>148,165</b>	<b>148,165</b>	<b>148,165,181</b>	<b>148,165</b>	<b>132,148</b>
Platform #3	<b>181,198</b>	<b>181,198</b>	<b>181,198</b>	<b>198,220,242</b>	<b>181,198</b>	<b>165,181,198</b>
Platform #4	<b>220,242</b>	<b>220,242,275</b>	<b>220,242</b>	<b>SHW, 275</b>	<b>220,242</b>	<b>220,242,275</b>
Platform #5	<b>275,308,SHW</b>	<b>308,SHW</b>	<b>275,308</b>	<b>308, SHW</b>	<b>275,308,SHW</b>	<b>308,SHW</b>

\*Red Indicates Div 4

\*Black Indicates Div 3

- **Bring with you:**

- [Eligibility Form](#) - Signed by your Principal or Superintendent
- [Scholarship Application](#) (Optional) For senior lifters who would like to be considered for a \$1,000 scholarship to help with college expenses.
- Check **for \$35.00 per lifter** payable to: **Malakoff Athletics\***

***\*Your school becomes responsible for your lifter(s) entry fee at 4:00 p.m., Monday, February 28th. Please notify me on or before the deadline if your lifters can't compete or you will be responsible for their entry fee.***

- **Alternates**

If you have lifters ranked in the top 20, bring them with you as there may be no-shows or lifters who do not make weight. **No payment is necessary for alternates.**

- **Weigh In**

- Friday, March 4<sup>th</sup> - early weigh in: 4:30 to 6:00 P.M.
- Saturday, March 5<sup>th</sup> - weigh in: 6:30 to 8:00 A.M.

- **Coaches / Judges Meeting**

- 8:15

- **Admission**

- \$5.00

- **T-shirts**

- Will be available

- **Lunch**

- There will be a lunch served for the coaches.
- Meals for the athletes: **Please notify me by e-mail at [david.wilbanks@malakoffisd.org](mailto:david.wilbanks@malakoffisd.org) how many meals you will need** .The cost will be **\$8.00 each**. Make checks for meals payable to: Malakoff Booster Club. **Please do not combine Entry/Meal checks.**



