



THSWPA

Texas High School Women's Powerlifting Association

Coaches-

Following is the schedule, along with some other information that might be helpful for the 2022 THSWPA Region 3 Division 3 Powerlifting Meets at Rice HS, on Saturday, February 26.

Admission: \$5.00

Checks for the **lifter fees** need to be made out to **Rice Athletics**. The fee is \$35 per lifter. No refund if your lifter fails to make weight. **Must pay prior to meet or morning of meet. NO IOU's.** **PLEASE DO NOT INCLUDE MEAL MONEY WITH ENTRY FEES.** Meal Deal Checks need to be made out to Rice Athletic Booster Club.

Location: Rice High School, 1400 SW McKinney St, Rice, TX 75155

DIVISION 3

Early Weigh-In Date: Friday, February 25, 2022

Early Weigh-In Time: 4:00 pm-6:00 pm.

Weigh-In Date: Saturday, February 26, 2022

Weigh-In Time: 6:00 am-7:30 am.

Judges Meeting: 7:45 am

Coaches Meeting: 8:00 am

National Anthem: 8:25 am

Bars Loaded: 8:30 am

6 PLATFORMS - 3 FLIGHTS

We will take a 30 MINUTE LUNCH BREAK AFTER EACH PLATFORM HAS FINISHED WITH LAST BENCH.

WE WILL NOT START DEAD LIFT UNTIL SUB TOTALS ARE POSTED.

JUDGES WILL BE ENFORCING UNIFORM RULES.

PLEASE READ YOUR RULE BOOK.

Following are some reminders that might be helpful.

-Bring the State and Regional release forms, drug testing affidavits, and eligibility forms to Weigh-in.

- Bring any scholarship applications (must be seniors, 1 application per school).

The last qualifying date will be Saturday, February 19, 2022. All judges MUST be certified for a last qualifying meet. All results from the last qualifying date must be sent to Kevin Chase by midnight, February 19, 2022. **Weight class declarations must be made by 4:00 p.m. on Monday, February 21, 2022.** If we do not hear from you and you have a lifter who is in the top 12 in two weight classes she will be placed in the heavier weight class. **Also, at this date and time, each school becomes responsible for the entry fee for each lifter they have qualified.**

-Lifters must be weighed nude or in underwear and/or bra (without underwire). Jewelry, glasses, metal, hair accessories, wet hair, and any clothing not previously stated are strictly forbidden. If a question exists regarding weight of undergarments, the lifter may be requested to reweigh in the nude.

-There will be no one allowed in the weigh-in area except Weigh-In Officials.

-Lifters who rank in the top twelve totals or reach the Regional qualifying total at an Invitational Meet, for their weight class in each region and in each classification (4A-I, 4A-II, 3A-I, 3A-II, 2A/A) will qualify for Regional Meets. Rankings are listed and certified by the T.H.S.W.P.A. Regional Directors. The top 2 lifters per weight class in each classification will advance to the State Meet, along with any lifters who meet the State Qualifying Total at the regional meet.

- Lifters may only compete in the weight class in which they qualify at the official weigh-in at all meets including Invitational, Regional and State. At the Regional and State meets, lifters must compete in their declared and qualified weight class. Failure to make proper weight will eliminate the lifter from all competition.

-A lifter who qualifies for the Regional Meet may qualify for the State Meet by 1) either finishing first or second in her weight class, 2) by posting a qualifying total for her class as follows or 3) by qualifying within the "top 2 rule by classification". (Ex. At Regionals, if the top 2 finishers in a weight class are 4A-I, the top 2 4A-II girls, regardless of place, would go to State to represent their 4A-II Region).

Regional Qualifying totals

97.5 - 515
105.5 - 585
114.5 - 635
123.5 - 675
132.5 - 720
148.5 - 775
165.5 - 785
181.5 - 810
198.5 - 830
220.5 - 865
259.5 - 890
SHW - 915

State Qualifying totals

97.5 - 550
105.5 - 625
114.5 - 675
123.5 - 725
132.5 - 775
148.5 - 800
165.5 - 825
181.5 - 850
198.5 - 875
220.5 - 900
259.5 - 925
SHW - 950

MEAL DEAL: The Rice Athletic Booster Club will have a meal deals available for lunch. The meal will consist of a hamburger, chips, candy bar, & water for \$7.00.

Please pre-order meals for your lifters filling out the google form. Checks for meals should be made out to **Rice Athletic Booster Club**. **CHECKS FOR MEALS MUST BE SEPARATE FROM ENTRY FEES.**

Regional Meet tee shirts will be available to purchase.

HOTELS FOR REGION 3 Division 3 Meet

These are several hotels in the area within 15 minutes. A few are listed below

Ennis:

Comfort Suites (972) 330-2404 and Quality Inn (972) 875-9641

Holiday Inn Express- (972) 872-2829 and LaQuinta Inn & Suites- (972) 875-4000

Corsicana

Holliday Inn Express & Suites – (903) 874-7440 and Hampton Inn - (903) 872-2238

Best Western – (903) 872-5300 and LaQuinta Inn - (903) 874-6292

Any questions? Contact me at mscott@rice-isd.org or 214-763-8166

Michael Scott

THSWPA

Meet Director Region 3 Division 3

Rice HS

Flights will be by classification

Flight 1 - 2A/1A

Flight 2 - 3A Division 2

Flight 3 - 3A Division 1

Platform Assignments

1	2	3	4	5	6
97	114	132	165	198	259
105	123	148	181	220	259+

If needed, we will adjust flights on dead lift. At this time, platform 1 and 6 have fewer lifters. 2-5 have 24

Once the meet begins, all warm-ups will take place in the cafeteria. Make sure your lifters are ready, once their platform finishes the previous flight we will break for 10 minutes, then roll into the next one.