

**TEXAS HIGH SCHOOL POWERLIFTING ASSOCIATION
REGION 6 DIVISIONS 2
POWERLIFTING CHAMPIONSHIP**

DATE: March 6, 2010

PLACE: Decatur High School
750 E. Eagle Summit Dr.
Decatur, TX 76234

FEE: \$25 per lifter. Make checks out to **Decatur Powerlifting**

THINGS to BRING:

1. Entry fee
2. Eligibility list signed by your principal or superintendent
3. Scholarship Applications

SCHEDULE:

Early weigh-in	Friday, March 5	5:00 – 6:30 pm
Weigh-in	Saturday, March 6	6:00 – 7:30 am
Coaches' Meeting		8:30 am
National Anthem		9:00 am

INFORMATION to BE TAKEN CARE OF AHEAD OF TIME

DUES: were to be postmarked by February 1. There will be a \$200 fee to enter lifters at the Regional meet if Association dues were not paid on time. Check the website to confirm membership.

TOTALS: Check to see if your lifters totals are correct. Contact me immediately if they are not. Also, do the same with the spelling of lifters' names.

LAST QUALIFYING DATE: February 27. **If you plan on lifting on that date, please notify me ahead of time so that there are no mistakes in the Regional standings.** All judges at that meet must be certified. **Make sure your Meet Director sends me or his Regional Director the .psm file by email before midnight, Saturday, February 27 or the results will not be posted.**

NOTIFICATION of REGIONAL QUALIFIERS: Regional qualifiers will be posted on www.thspa.us on Monday, March 1.

DECLARATION of WEIGHT CLASS: by 4:00 pm on Monday, March 1. If you have a lifter who has qualified in more than one weight class, you must let me know which weight class he intends to compete in at the Regional meet. If I do not hear from you, he will be placed in the heavier weight class.

QUALIFIERS: **If you have a lifter who has qualified to compete at the Regional meet and will not be able to do so, you must notify me by 4:00 pm on Monday, March 1. Schools who fail to do so will still be responsible for the \$25 entry fee.**

ALTERNATE LIFTERS: I would encourage you to bring your 11th – 15th place lifters. We will weigh them in early if you bring them.

Plan B in case of weather: The plan for bad weather will be to host the meet on Monday, March 8, 2010. If we are able to weigh-in on Friday, the body weights will hold. We will also weigh-in on that Monday at 1:00 pm and start the meet by 3:30 pm.

MISCELLANEOUS INFORMATION

ADMISSION: Adults - \$5.00 Students - \$2.00

CONCESSIONS: A concession stand will be provided for breakfast and lunch. We will be offering a \$5.00 meal deal to include a hamburger or hot dog, chips, drink and dessert. If you would like to pre-order, let us know how many of your athletes you will be feeding. You can bring a check made out to Decatur High School Junior Class, cash or we can invoice you. You can contact Sherrie Garner at 940-393-7112 or sherrie.garner@decatur.esc11.net.

Lunch will be provided for two coaches from each team.

T-SHIRTS: Regional t-shirts will be available for sale.

STATE MEET INFO: The State Meet will be held at the Taylor County Coliseum in Abilene on March 27, 2010. Please check the THSPA website for details.

Hopefully I've covered everything that you will need for the Regional meet. If you have any questions, please contact me.

Sincerely,

Tim Mynarcik

E-mail: r6d2@thspa.us

Cell Phone: 940-393-8546

Work Phone: 940-393-7293

Home Phone: 940-427-8362