**2020 THSWPA Region 2, Division 1&2**

**Powerlifting Meet**

**Friday & Saturday March 6-7, 2020**

**LOCATION:** Del Valle High School

5201 Ross Rd.

Del Valle, TX

**Friday March 6**

**Leave:** 2:40 pm from Fieldhouse. You will be excused from school at 2:31 pm.

**Weigh-in:** 5:00-7:00 pm

**Food:** The school will provide you with a meal on the way home. Bring food and/or money if you want more.

**Home:** We will return to the field house around 10:00 pm.

**Saturday March 7**

Leave: 5:30 am from the field house, subject to change.

Weigh-In: 6:30-8:00 am, not applicable if everyone makes weight

Lifting starts: 9:00 am

Food: The school will provide you with breakfast, snacks at the meet and a meal after the meet. Bring food and/or money if you want more.

Home: We will return to the field house around 8:00 pm.

**Spectators:** Admission is $5.

Regional Championship t-shirts printed and sold at the meet.

Price will depend on amount of print.

**LIFTERS:**

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| Kylee Rutledge | Alyssa Ayers | Lila Walling |
| Kaydence Fletcher | Sarah Bowden | Janice Hanson mgr. |
| Nimsi Vergara | Rylie Jones |  |