

Florida High School Girls Weightlifting
2018 Class 2A Region 3 Meet

Location : Spruce Creek High School Gym
801 Taylor Road
Port Orange, FL 32127

Times: Weigh ins- 8:30 am to 10:00 am
Coaches Meeting -10:15 am (approx.)
Judges Meeting- 10:30 (approx.)
All Meet in Gym – 10:50
Lifting starts- 11:00 am (Awards to follow-medals for top 6)

Cost: \$7 for spectators (FHSA)

Parking Parking is free and spectators should park on the west side of the school entering through the Clyde Morris entrance. Use doors marked GYM.

Weigh Ins Weigh ins will be on the east side of the school in the girls PE locker room. (Look for signs) Use Taylor Road entrance furthest from the highway to get to weigh ins. **Scales close at 10:00 am.**

Coaches/Judges Meetings Coaches and judges meetings will be in the café across from the gym where the meet will take place. (Look for signs)

Lifting Lifting will begin promptly at 11:00 am after a brief meeting in the gym with all lifters and coaches at 10:50.

There will be five platforms for competition with two weight classes per platform.

Lifting Areas To maintain the best competition and warm up area, only the head coach and two assistant coaches will be allowed in these areas. Each coach will have a wrist band to be allowed in the warm up and competition areas.

Judges **Each school will provide the name of one judge or a coach that will be a judge during the duration of the competition.**

Concession A concession stand will be open in the atrium outside the gym with a variety of food and drinks. Coffee and donuts early, with pizza, chick fila, and snacks also.