Thursday, February 13th, 2020
Class 1A walk-through and packet pickup (optional), 5-7 p.m. CST.

- **SCALES WILL BE AVAILABLE TO WEIGH AT WALK-THROUGH**
- **THERE WILL BE ACCESS TO ONE COMPETITION PLATFORM DURING WALK-THROUGH. NO WORKOUT OR TRAINING IS ALLOWED, BUT YOU MAY LAY ON THE BENCH AND GET A FEEL FOR THE EQUIPMENT.**

Friday, February 14th, 2020
- Parking lot opens: 6:15 a.m. CST
- Class 1A Packet Pick-up 6:30 CST
- Class 1A Weigh-ins, 7-9 a.m. CST
- Class 1A Judges Meeting, 9:00 a.m. CST
- Class 1A Coaches Meeting, 9:30 a.m. CST
- Gates Open for Spectators: 9:30 a.m. CST
- Competition Platforms open for warmup: 10:00 a.m. CST
- Class 1A Competition begins, 10:30 a.m. CST
  - 1ST Flight (101 lb, 110 lb, 119 lb, 129 lb, 139 lb weight classes.)
  - (Individual and Team Awards will follow)
  - 2ND Flight (154 lb, 169 lb, 183 lb, 199 lb, unlimited weight classes.)
  - (Individual Awards will follow)

Class 2A walk-through and packet pickup (optional), for 1 hour immediately following 1A Finals

Saturday, February 15th, 2020
- Parking lot opens: 6:15 a.m. CST
- Class 2A Packet Pick-up 6:30 CST
- Class 2A Weigh-ins, 7-9 a.m. CST
- Class 2A Judges Meeting, 9:00 a.m. CST
- Class 2A Coaches Meeting, 9:30 a.m. CST
- Gates Open for Spectators: 9:30 a.m. CST
- Competition Platforms open for warmup: 10:00 a.m. CST
- Class 2A Competition begins, 10:30 a.m. CST
  - 1ST Flight (101 lb, 110 lb, 119 lb, 129 lb, 139 lb weight classes.)
  - (Individual and Team Awards will follow)
  - 2ND Flight (154 lb, 169 lb, 183 lb, 199 lb, unlimited weight classes.)
  - (Individual Awards will follow)
State Final Site: Arnold High School

Ticket Info: $9.00 if purchased in advance ([https://gofan.co/app/school/FHSAA/Weightlifting](https://gofan.co/app/school/FHSAA/Weightlifting))  
$12.00 if purchased day of the event

Parking: $10 per vehicle - CASH ONLY (100% of proceeds go to the host school)

Event notices: Friday: School is in session on Friday.

Coaches Meeting: It is MANDATORY for all head coaches to attend the coaches meeting at 9:30 am CST for each class. The meeting will be held in the wrestling room. Judging information will be reviewed at this time.

Weigh-ins: Weigh-ins will begin promptly at 7:00am and end at 9:00am CST. A lifter with a weight problem will be given a maximum of one hour to make weight, or until the designated weigh-in time has expired, not to exceed one hour from the initial weigh-in. A lifter may be weighed a maximum of three (3) times during the time allotted. The official weigh-in must be done in singlets only (straps up), without shoes. Athletes will be disqualified if they attempt to weigh in improperly or unclothed.

*ALL WEIGHT BELTS WILL BE CHECKED AND MARKED AT WEIGH-IN*

Coaches Packet: Coaches will be required to have their wristbands prior to entering the facility. Athletes will sign in at weigh-in and receive a marking once they weigh-in.

Credentials: Credentials will be given out at the following ratio:  
1 - 2 athletes = 1 coach  
3 - 10 athletes = 2 coaches  
11+ athletes = 3 coaches

Coaches will only be able to pick up wristbands at check-in.
NO ADDITIONAL WRIST BANDS WILL BE GIVEN OUT

Trainers/First Aid: A certified athletic trainer will be provided by Arnold High School. Athletes/Teams must provide their own tape.

Awards Ceremony: The top six (6) finishers in each weight class will be presented with a championship medal. Additionally, trophies will be awarded to the champion and runner-up team. All medalists, including the champion & runner-up team are to participate in the awards ceremony.

Questions: Any questions concerning an athlete’s equipment, or any general questions can either be emailed to Frank Beasley at the FHSAA at fbeasley@fhsaa.org or they can be discussed at packet pick-up, weigh-in or at the coaches meeting.

Parking: Parking passes will be given out at the following ratio:  
1 - 4 athletes = 1 pass  
5 - 8 athletes = 2 passes  
9+ athletes = 3 passes

Please see attached parking map for assistance. No additional parking passes will be issued. All additional vehicles will have to pay $10.
KEEP THEM HYDRATED, KEEP THEM SAFE

5 TIPS TO HELP ATHLETES STAY HYDRATED

1. KEEP HYDRATION TOP OF MIND
   - Remind athletes to check their urine color before practice. If it’s the color of pale lemonade, that’s a sign of being hydrated.
   - Take weather into account and give athletes opportunities to drink during practice.
   - Teach athletes to pay attention to how they feel, including their thirst and energy levels.

2. KEEP FLUID LEVELS UP
   - Athletes should drink enough fluid to maintain hydration without over-drinking.
   - Flavored, cold, lightly salted sports drinks like Gatorade® Thirst Quencher are important, because sodium helps maintain the athlete’s desire to drink and retain the fluid consumed.

3. KEEP THE BODY COOL
   - Remind athletes to drink cool fluids to help maintain their body temperature.
   - If your athletes experience heat illness, help them lower their body temperature by lying in a cool place with their legs elevated, applying cool, wet towels to their body and drinking cool fluids.

4. KEEP HYDRATED BEFORE, DURING AND AFTER ACTIVITY
   - Athletes need to think about their entire athletic schedule when it comes to fueling (not just when they are competing).
   - Encourage them to drink plenty of fluids throughout the day to replace the fluids lost through sweat.

5. KEEP A RECOVERY SCHEDULE
   - Rest and recovery are an essential part of avoiding heat illness.
   - Ensure your athletes have time for breaks during practices.
   - Encourage athletes to get 6-8 hours of sleep each night in a cool environment if possible.

THE EFFECTS OF DEHYDRATION:
- Decreased performance
- Decreased mental function
- Decreased motor skills
- Decreased fluid absorption
- Decreased tolerance to heat

THE SYMPTOMS OF DEHYDRATION:
- Nausea
- Headache
- Weakness
- Vomiting
- Fainting
- Fatigue / Exhaustion
- Loss of muscle coordination / Decreased performance
- Poor concentration / Altered mental status

GATORADE
THE SPORTS FUEL COMPANY

Gatorade and G Design are registered trademarks of S VIc, Inc. ©2017 SIC, Inc.