

## Highlanders Repeat as Region IV Champions

The Highlanders dominated the 2022 Region IV Meet to earn their second consecutive regional title. TWHS qualified 12 lifters (tied for most at the meet) for the regional championships - 8 seniors, 2 juniors, and 2 sophomores. Overall, the team scored 27 points, the most in school history at the regional meet.

The team was lead by a trio of individual champions: Hank Hewgley (132), Daniel Gil (148), and Aiden Peterson (165). Hank became just the 5<sup>th</sup> lifter in school history to qualify for the regional meet in all four years. He set personal bests across the board for an 1100 lb total to win a tightly contested weight class. Daniel won his 3<sup>rd</sup> regional medal and first regional championship. He totaled a person best 1395 lbs to edge out his rival from Conroe for the title. Aiden followed his 2021 2<sup>nd</sup> place medal with a regional championship this year. Het set new person best across the board, including a school-record 585 lb dead lift on his way to a 1435 lb total and a comfortable win.

Three other Highlanders earned medals at the Region IV Championships: Andrew Larworthy (3<sup>rd</sup>, 198), Cayden Clayton (4<sup>th</sup>, 220), and Alex Martin (5<sup>th</sup>, 220). All three qualified for the state meet by reaching the automatic qualifying total. Andrew set 3 new personal bests including a school record 390 lb bench press. His 1465 lb total was just enough to earn 3<sup>rd</sup> place. Cayden, just a sophomore, continued his steady improvement with new person bests. His 1450 lb total earned him a 4<sup>th</sup> place medal. Alex Martin overcame a slow start in the squat to set three new personal records. He earned a 5<sup>th</sup> place medal in his 2<sup>nd</sup> regional appearance with a 1450 lb total.

Mauricio Kuergelen and Nick Beagle didn't place in the top 5, but did manage to qualify for the state championships with their qualifying totals. Mauricio reached 1300 lbs in the 165 lb class to finish in 7<sup>th</sup> place. Nick, in just his 3<sup>rd</sup> competitive meet, reached 1350 lbs in the 181 lb class and also finished in 7<sup>th</sup> place.

Damon Arnold totaled 825 lbs in the 123 lb class to finished 8<sup>th</sup>. Nate Provost competed in his 3<sup>rd</sup> regional meet and finished 8<sup>th</sup> in the 148 lb class with an 1100 lb total. Junior Jerry Contreras reached his first regional meet and finished 10<sup>th</sup> in the 148 lb class. Sophomore Jakob Handy had a strong showing in his first regional meet, finishing 9<sup>th</sup> in the 220 lb class with a 1375 lb total.