

THSWPA Region 3 Division 1 2026 Letter

Coaches,

My e-mail address is: r3d1@thswpa.com if you have not received an e-mail from me in the past please send me a message so I can add you to my contact list. Also we have a Region 3 Sports-You and if you are not a member please use the access code to join: 8MZ6-GQR3. Coach Portley and myself place a lot of information on there and a lot of coaches hosting meets or looking for meets will post on there as well.

Here is some other information that might be helpful:

Please send me word if you are hosting a meet. Results must be emailed to me by 4:00 p.m. on the Monday following your meet. Any results sent to me after 4pm the Monday following your meet (without prior communication) will not be accepted. Remember, at least one member of the powerlifting coaching staff must be a certified judge on the girl's test accessible on boys website.

Results: We will only use the Power-Score system for the rankings again this year. This is a free download and is a very easy system to use at the meets. All meets must use this form and send it to me in this format. Results sent to me in any other format **WILL NOT** be included in the rankings.

Dues: Boys and Girls dues are sent to different places so please inform your business department accordingly. State dues are \$100.00 and must be postmarked by February 1, 2026. Late dues will be \$200.00 and will only be accepted until February 14, 2026. Any dues postmarked past that date will be returned and your lifters will be disqualified from the Regional meet. Please make sure your business department is also aware of this deadline. Complete the registration form and send it along with payment to:

THSWPA
PO Box 3021
Brownsville, Texas 78523 (this is not the address for the Girls & Boys, make sure to mail TWO separate checks for your dues.)

Last Meet: The last qualifying date will be Saturday, February 14, 2026. All judges MUST be certified for a last qualifying meet. All results from the last qualifying date must be sent to me by midnight, February 14, 2026. Weight class & Unequipped declarations must be made by 4:00 p.m. on Monday, February 16, 2026. Yes this is a holiday, but declarations must be made. If I do not hear from you and you have a lifter who is in the top 12 in two weight classes she will be placed in the heavier weight class, and if she is unequipped and equipped, she will be declared equipped.

Regional & State Meets

Division 1 Equipped

Region 3 Div. 1 will compete Saturday, **February 28th, 2026** and early weigh in will be Friday, February 27th, 2026 at **Royse City High School**.

Region 3 Unequipped

Region 3 Unequipped will compete Tuesday, **March 3rd, 2026** and early weigh in will be Monday, March 2nd, 2026 at **Royse City High School**.

State Meet: The state meet will be in Edinburg Tx. March 18th-21st, 2026. More information to come on this ASAP.

Rule Clarifications:

The UPDATED Rule book is posted on the site.
All Changes will be highlighted in yellow.

Qualifying for Regional and State Competition:

Equipped: The top 12 lifters from each classification will qualify for Regional competition. There are three ways to qualify for Regionals: be in the top 12 of your weight class for your classification, reach your weight class's automatic total or be one of the top 2 lifters from your UIL classification (this applies for 6A/5A & 1A/2A that have combined regional meets). There are three ways to qualify for State: place in the top two at Regional competition, reach your weight class' automatic total at the Regional meet, or be the one of the top 2 lifters in your UIL classification at the Regional meet.

Unequipped: The top 12 lifters in the weight class with all divisions combined will lift at Regionals, only the top 2 from each weight class will advance to state.

Finally, Coaches, Please have your kids sign up for the scholarships. Again this year the THSWPA will give 5 - \$1000 Scholarships per region. It is very important that the scholarship packet is complete or it will not even be considered (all letters, application and transcript.)

Good Luck to you all and I hope to see you around at the meets.

If you have any rules questions, or general concerns, please feel free to call, text or email me. (214) 663-0492 or r3d1@thswpa.com.

Trey Marks

THSWPA Region 3 Division 1 Director
Royse City High School