

2026 THSWPA

Region 6 Division 1, 2, & Unequipped Letter

Coaches,

My e-mail address is: bwthompson@prosper-isd.net 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.

Here is some other information that might be helpful:

1. Please join the Region 6 SportsYou if you are not already a member. The access code is: **6YAC-J2VG**
2. Please let me know if you are hosting a meet so I can put it on the SportsYou calendar.
3. Results need to be emailed to me by 4:00 p.m. on the Monday following your meet.
4. At least one member of the powerlifting coaching staff must be a THSWPA certified judge (Test accessible on boys website).

******IMPORTANT UPDATE FOR THE 2026 SEASON******

The THSWPA will continue to have the **UNEQUIPPED DIVISION** (1A-6A combined to 1 Division). We will take the top 12 lifters in each weight class from 1A to 6A combined.

Results: We will **ONLY USE** the Power-Score system for the rankings 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

Please inform your business department accordingly. State dues are **\$100.00** and must be postmarked by February 1, 2026. **A late fee of \$200.00 will be added** and will only be accepted until February 14th, 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 21, 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 21, 2026.

Weight class & Unequipped declarations must be made by 4:00 p.m. on Monday, February 23, 2026.

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.

If she is unequipped and equipped she will be declared equipped.

Regional Meets – Entry Fee \$50 per lifter:

6A & 5A Div 2 – Prosper High School – Thursday 2/26

4A Div 1 & 2 – Decatur High School – Friday 2/27

5A Div 1 – Sherman High School – Tuesday 3/3

Unequipped – Sherman High School Wednesday 3/4

We will send out more details as the meets get closer.

State Meet: - Entry Fees \$50 per lifter

The state meet will be in Edinburgh, TX on March 18th - 21st, 2026.

3/18 AM - 1A/2A

3/18 PM - 6A

3/19 AM - 3A Small School

3/19 PM - 3A Large School

3/19 6:30PM - Unequipped

3/20 AM - 4A Small School

3/20 PM - 4A Large School

3/21 AM - 5A Small School

3/21 PM - 5A Large School

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 division will qualify for Regional competition. There are three ways to qualify for Regionals: be in the top 12 of your weight class for your division, reach your weight class's automatic total or be the one of the top 2 lifters from your UIL classification.

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 any rules questions or general concerns do not hesitate to reach out by email or call me, (903)263-8653.

Brian Thompson

THSWPA Region 6, Director Divisions 1 & 2

Prosper High School