



# THSWPA

Texas High School Powerlifting Association



## Region 1 Division 3 Meet

Coaches,

The 2026 THSWPA Region 1 Division 3 Powerlifting Meet will be held at Reagan County High School on Saturday, March 7. Below is the schedule, along with some other information that you may need

**Admission: \$5.00**

Checks for the **lifter fees** need to be made out to **Reagan County Athletics**. The fee is \$50 per lifter. No refund if your lifter fails to make weight. If paying with cash, please have exact change. **Must pay prior to meet or morning of meet. NO IOU's. PLEASE DO NOT INCLUDE MEAL MONEY WITH ENTRY FEES.**

Location:	Reagan County High School, 1111 E 12th, Big Lake, TX
Early Weigh-In Date:	Friday, March 6, 2026
Early Weigh-In Time:	3:00 pm - 4:30 pm
Weigh-In Date:	Saturday, March 7, 2026
Weigh-In Time:	6:00 am-7:30 am
Judges Meeting:	7:30 am
Coaches Meeting:	8:00 am
<b>1A/2A Bars Loaded:</b>	8:30 am
Lunch Break:	12:00 pm
<b>All 3A Bars Loaded:</b>	1:00-1:30 pm

**We will take a 20 MINUTE LUNCH BREAK AFTER EACH PLATFORM HAS FINISHED WITH LAST BENCH.**

**WE WILL NOT START DEAD LIFT UNTIL SUB TOTALS ARE POSTED.**

**JUDGES WILL BE ENFORCING UNIFORM RULES.**

**PLEASE READ YOUR RULE BOOK.**

Following are some reminders that might be helpful.

**-Bring the State and Regional release forms, drug testing affidavits, and eligibility forms to Weigh-in.**

- Bring any scholarship applications (must be seniors, 1 application per school).

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 and Equipped/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. **Also, at this date and time, each school becomes responsible for the entry fee for each lifter they have qualified.**

-Lifters must be weighed nude or in underwear and/or bra. Jewelry, glasses, metal, hair accessories, wet hair, and any clothing not previously stated are strictly forbidden. If a question exists regarding weight of undergarments, the lifter may be requested to reweigh in the nude.

**-There will be no one allowed in the weigh-in area except Weigh-In Officials.**

-Lifters who rank in the top twelve totals or reach the Regional qualifying total at an Invitational Meet, for their weight class in each region and in each classification (4A-I, 4A-II, 3A-I, 3A-II, 2A/A) or top five of their weight class in the Unequipped division will qualify for Regional Meets. Rankings are listed and certified by the T.H.S.W.P.A. Regional Directors. The top 2 lifters per weight class in each classification will advance to the State Meet, along with any lifters who meet the State Qualifying Total at the regional meet.

- Lifters may only compete in the weight class in which they qualify at the official weigh-in at all meets including Invitational, Regional and State. At the Regional and State meets, lifters must compete in their declared and qualified weight class. Failure to make proper weight will eliminate the lifter from all competition.

**Regional Meet tee shirts, sweat tops/jackets will be available to purchase through Fine Designs.**

Any questions? Contact me at [chris.castleman@rcisd.net](mailto:chris.castleman@rcisd.net) or (325) 234-8304

Chris Castleman  
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Reagan County HS