



2026 THSWPA Region 3 Division 1 & Unequipped Regional Meets



Dates: Saturday, February 28th, 2026 (5A/6A Equipped) & Tuesday, March 3rd, 2026 (Unequipped)

Place: Royse City High School Gym (700 FM 2642, Royse City, TX 75189)

Entry Fee: \$50 per individual lifter. Please bring entry fee, meal ticket money, completed & signed eligibility waiver, liability waiver, & drug testing affidavit when you arrive on your weigh-in day, do not mail or e-mail beforehand. Make Checks Payable to Royse City High School Powerlifting "Attn: Region 3".

Rules & Attire: All THSWPA Guidelines will be enforced at all times. Please make sure to bring signed eligibility form & drug testing affidavits.

Schedule of Events (5A/6A Equipped)

Friday- Feb. 27th

Early Weigh-in 5:00pm – 7:00pm

Lifters who miss early weigh-in must weigh-in day of the meet

Saturday- Feb. 28th

Weigh-in 6:15am- 8:15am

Judges Meeting 8:30am

Coaches Meeting 8:45am

Lifting Begins 9:00am

Schedule of Events (Unequipped)

Monday- Mar. 2nd

Early Weigh-in 5:00pm – 7:00pm

Lifters who miss early weigh-in must weigh-in day of the meet

Tuesday- Mar. 3rd

Weigh-in 6:15am- 8:15am

Judges Meeting 8:30am

Coaches Meeting 8:45am

Lifting Begins 9:00am

Weight Declarations: If a lifter qualifies in more than one weight class, it must be declared to me which weight class the lifter intends to compete in by **Monday, February 16th @ 4:00 p.m.** If no declaration is made, the lifter will be assigned to the heaviest class in which she is qualified. Because of the initial confusion of who qualified, I have extended the time of being responsible for your scratched lifters entry fees. **Any lifter scratched after Monday, February 23rd @ 4pm, you will still be responsible for paying the \$50 entry fee for that lifter.**

Meals: **Meal tickets will be available for purchase for \$10 SATURDAY ONLY** (includes a hotdog, chips, & a soda). Coaches will be provided with a hospitality room (**Maximum of 2 Coaches per team**).

Entry Fee for Non-Participants: There will be a \$10 entry fee for all students and spectators at the door.

Parking: Please refer to the parking maps & instructions in the email that will be sent out soon. **If you have not filled out the Region 3 Coaches Information Google Form or completed your team roster, please do so ASAP.**

Please reach out with any questions or concerns. I look forward to seeing everyone. Good luck to you & your lifters!

Thank you,

Trey Marks
THSWPA Region 3 Division 1 Director
Cell: (214) 663-0492
r3d1@thswpa.com

Rack Assignments (5A/6A)

- Platform 1
 - Flight 1- 165
 - Flight 2- 105/114
- Platform 2
 - Flight 1- 132
 - Flight 2- 97/123
- Platform 3
 - Flight 1- 181
 - Flight 2- 148
- Platform 4
 - Flight 1- 198
 - Flight 2- 220
- Platform 5
 - Flight 1- 242
 - Flight 2- 242+

Rack Assignments (Unequipped)

- Platform 1- 97/105/114
- Platform 2- 123/132
- Platform 3- 148/165
- Platform 4- 181/198
- Platform 5- 220/242/242+

