

THSWPA REGION V 2026 REGIONAL CHAMPIONSHIPS



BERT OGDEN ARENA

4900 S. I-69C

Edinburg, TX 78539

ENTRY FEE \$50 PER LIFTER

CHECKS PAYABLE TO

SAN DIEGO POWERLIFTING AA

CREDIT CARDS PAYMENTS NOT ACCEPTED



PACKETS WILL INCLUDE

1 WRIST BAND (COACH) MORE THAN NUMBER OF LIFTERS UP TO 3 WRISTBAND MAX

STATE QUALIFYING LIFTERS WILL RECEIVE WRISTBAND UPON BEING WEIGHED IN

YOU MAY PURCHASE UP TO 4 WRAPPER WRISTBANDS PER TEAM @ \$10.00 EACH AT REGISTRATION

R5 REGIONAL MEET ITINERARY

SUNDAY NIGHT MARCH 1ST

EARLY WEIGH INS

1A/2A – 2:00 – 3:30

6A – 3:00 – 4:30

BERT OGDEN ARENA

MONDAY MARCH 2ND

1A/2A WEIGH INS 5:30 – 7 AM (@ BERT OGDEN ARENA)

JUDGES MEET 7:00 AM / COACHES MEET 7:30 AM

1A / 2A – BARS LOADED 8:00 AM

6A WEIGH INS 10:30 AM – 12 PM (@ BERT OGDEN ARENA)

6A – BARS LOADED 1:30 PM

EARLY WEIGH-IN

4A II – 2:00 – 3:30

4A I – 3:00 – 4:30

UNEQUIPPED – 4:00 – 5:30

BERT OGDEN ARENA

TUESDAY MARCH 3RD

4A DII WEIGH INS 5:30 – 7 AM (@ BERT OGDEN ARENA)

JUDGES MEET 7:00 AM / COACHES MEET 7:30 AM

4A DII – BARS LOADED 8:00 AM

4A DI WEIGH INS 10:30 AM – 12 PM (@ BERT OGDEN ARENA)

4A DI – BARS LOADED 1:30 PM

UNEQUIPPED WEIGH INS 3:30 PM – 5:00 PM @ BERT OGDEN ARENA

UNEQUIPPED – BARS LOADED 6:00 PM

EARLY WEIGH-IN

5A II – 2:00 – 3:30

5A I – 3:00 – 4:30

BERT OGDEN ARENA

WEDNESDAY MARCH 4TH

5A DII AND UNEQUIPPED WEIGH INS 5:30 – 7 AM (@ BOA)

JUDGES MEET 7:00 AM / COACHES MEET 7:30 AM

5A DII – BARS LOADED 8:00 AM

5A DI WEIGH INS 10:30 AM – 12 PM (@ BERT OGDEN ARENA)

5A DI – BARS LOADED 1:30 PM

EARLY WEIGH-IN

3A II – 2:00 – 3:30

3A I – 3:00 – 4:30

BERT OGDEN ARENA

THURSDAY MARCH 5TH

3A DII WEIGH INS 5:30 – 7 AM (@ BERT OGDEN ARENA)

JUDGES MEET 7:00 AM / COACHES MEET 7:30 AM

3A DII – BARS LOADED 8:00 AM

3A DI WEIGH INS 10:30 AM – 12 PM (@ BERT OGDEN ARENA)

3A DI – BARS LOADED 1:30 PM

BERT OGDEN ARENA