

# THSWPA

## Region 3 Division 3 2025 Letter

Coaches,

My e-mail address is: [trey.marks@commerceisd.org](mailto:trey.marks@commerceisd.org) 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:

Meets must be certified through me via the Girls website if a girls only meet. If it is a co-ed meet it can be registered on either site just click that it is a co-ed meet. Results need to be emailed to me by 4:00 p.m. on the Monday following your meet. Remember any meet not certified through website, the results will be Null and void. Please send me word if you are hosting a meet, at least one member of the powerlifting coaching staff must be certified judge on girl's test accessible on boys website.

### \*\*\*\*IMPORTANT UPDATE FOR THE 2025 SEASON\*\*\*\*

The THSWPA will continue to have the **UNEQUIPPED DIVISION** the only additions will be is that we will take the top 12 lifters instead of just the top 5 from 1A to 6A.

**Results:** We will only use the Power-Score system for the rankings again this year. This is a free down load 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.

**Team Roster:** We will be using a team roster set-up though the THSWPA website. The instructions on how to set up your account & roster are posted on the main page under Region 3 Division 3. If you have any questions, please e-mail or text me.

**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 post marked by February 1, 2025. Late dues will be \$200.00 and will only be accepted until February 13, 2025. 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 checks for your dues.)

Or

**New for this season you can pay dues through arbiter as well:** if you have an arbiter account you can pay dues by sending them to 61patboutwell@gmail.com

**Last Meet:** The last qualifying date will be Saturday, February 15, 2025. 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 15, 2025. **Weight class & Unequipped declarations must be made by 4:00 p.m. on Monday, February 17, 2025. 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 unequipped and equipped she will be declared equipped.

**Regional Meets:** (Please note there is information for Equipped & Unequipped Regional Meets)

### **Division 3 Equipped**

Meets will be held at Commerce High School & split up into 2 days by UIL Classification.

- 1A/2A will be on Friday, February 29<sup>th</sup> (early weigh-in Thursday, February 28<sup>th</sup>).
- 3A Small & 3A Large will be on Saturday, March 1<sup>st</sup> (early weigh-in Friday, February 29<sup>th</sup>).

**MAKE CHECKS OUT TO: Commerce High School Athletics (Attn: Trey Marks)**

### **Unequipped**

Region 3 Div. 1-3 (1A-6A) will compete Wednesday February 26, 2025 (this will be the same time as the early weigh in for 4A equipped.)

**MAKE CHECKS OUT TO: Pine Tree Athletics (Attn: Powerlifting)**

We will send out more details for all Regional Meets as they get closer.

**State Meet:** The state meet will be in Edinburg, TX March 12<sup>th</sup>-15<sup>th</sup>, 2025. 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 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. 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 please Call or email me. (214) 663-0492 or [trey.marks@commerceisd.org](mailto:trey.marks@commerceisd.org)

Trey Marks  
THSWPA Region 3 Division 3 Director  
Commerce High School