



THSWPA

Texas High School Women's Powerlifting Association



Region VI Unequipped & 5A Div 1 Championships

Date: Thursday, February 27th, 2025

Place: Sherman High School Gym
2907 W. Travis St.
Sherman, TX 75092

Fee: \$50.00 per lifter.

MAKE CHECKS PAYABLE TO SHERMAN ISD

Attn: Iron Cats Powerlifting - Kenny Wilkerson

Who Qualifies: Top 12 lifters per weight class per division.

Items needed at weigh-ins

1. Entry Fee
2. Eligibility list signed by principal or superintendent
3. Regional and State Release
4. Scholarship applications, if you have any

Last Qualifying Date: Saturday, February 15th (Results must be submitted by midnight on the 15th)

Declaration of weight class: Monday, February 17th at 4 PM. Lifters with the top 12 qualifying totals, as well as alternates, must declare by this time, or they will be assigned to the heavier weight class. Coaches become responsible for their lifter(s) entry fee at this time.

Declaration of Equipped/Unequipped: Monday, February 17th at 4 PM. Lifters with the top 12 qualifying totals in the Equipped and Unequipped Divisions, as well as alternates, must declare by this time, or they will be assigned to the Equipped Division. Coaches become responsible for their lifter(s) entry fee at this time.

Declarations must be submitted to **Kenny Wilkerson**

kwilkerson@shermanisd.net or (903) 819-1167

Alternate Lifters: Coaches are encouraged to bring lifters in the top 15 to the regional meet in case there are no-shows of lifters who don't make weight.

No Shows: Your school will be billed for athletes who qualify for the meet and do not compete, unless you have emailed before Tuesday, February 25th!

Admission: \$5.00 Tickets will be sold online. (link will be sent out later)

Meal Tickets: Our Booster Club will have a full concession stand. They will be able to take cards and cash.

If you have any questions, please do not hesitate to contact me.

Meet Schedules

February 26th

Early Weigh In: 5:00 PM – 6:30 PM
(Early Weigh-Ins for Both Equipped & Unequipped)

Unequipped (1A-6A) Meet Schedule

February 27th

Weigh In: 7:00 – 8:30 AM
Coaches Meeting: 9:15 AM
Judges Meeting: 9:30 AM
Bars Loaded @ 10:00 AM

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

5A Div. 1 Equipped Meet Schedule

February 27th

Weigh In: 2:00 – 3:30 PM
Coaches Meeting: 4:15 PM
Judges Meeting: 4:30 PM
Bars Loaded @ 5:00 PM

Platforms	1	2	3	4	5
Flight 1	97/105	123	148	181	220
Flight 2	114	132	165	198	259/259+