

THSWPA

Region 1 Division 3 2025 Letter

Coaches,

My email address is: christopher.castleman@scisd.net If you have not received an email from me in the past please send me a message so I can add you to my contact list. Most information will be sent via email or [SportsYou](#). Code: 2JKW-YXTE

Here is some other information that might be helpful:

Meets must be certified through me via the girls website. **There is a meet registration link under Region 1 Division 3. Remember any meet not certified through the website, the results will be Null and void. If you are hosting a meet, at least one member of the powerlifting coaching staff must be a certified judge on a girl's test accessible on boys website.** Results need to be emailed to me by 4:00 p.m. on the Monday following your meet.

Results: We will only use the [PowerScore](#) system for the rankings again this year. This is a free download 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.

Dues: Boys and Girls dues are sent to different places so please inform your business department accordingly. State dues are now **\$100.00** and must be postmarked by January 24, 2025. Late dues will be \$200.00 and will only be accepted until February 12, 2024. 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

[2025 Membership Form](#)

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 declarations must be made by 4:00 p.m. on Monday, February 17, 2025.** 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.

Regional Meets: Regional meets will be held on 2 dates this year all at Eldorado HS. The 1A/2A Regional meet will be held on Friday, February 28th, while all 3A Regional meet will be Saturday, March 1st, and **information about unequipped will come at a later time (Still looking for a date).** The entry fee this year will be \$50 per lifter. Tickets at the door are \$5. I will send out more details on entry fees as the meets get closer.

State Meet: The state meet will be at the Bert Ogden Arena in Edinburg March 12-15, 2025. Each classification should lift on the same day as last year. Look for info to be posted on the website.

Rule Clarifications:

The UPDATED Rule book is posted on the site.

All Changes will be Highlighted in yellow.

[Equipped](#)

[Unequipped](#)

Qualifying for Regional and State Competition:

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 school classification (1A/2A, 3A small, 3A large, 4A small, 4A large, 5A small, 5A large and 6A), will qualify for Regional Meet.

There are two ways to qualify for State: place in the top two in your UIL classification at Regional competition or reach your weight class' automatic total at the Regional meet.

Scholarship Information:

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.)

[Scholarship Link](#)

Good Luck to you all and I hope to see you around at the meets.

If you have any rules questions or concerns please call or email me. (325) 234-8304 or christopher.castleman@scisd.net

Chris Castleman

THSWPA Region 1 Director, Division 3

Eldorado HS