

THSWPA

Region 1 Division 3 2026 Letter

Coaches,

My email address is: chris.castleman@rcisd.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: TQ9N-BH2L

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 me, 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 February 1, 2026. Late dues will be \$200.00 and will only be accepted until February 14, 2026. 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

Last Meet: The last qualifying date will be Saturday, February 21, 2026. 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 21, 2026. **Weight class declarations must be made by 4:00 p.m. on Monday, February 23, 2026.** 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. 1A/2A and all 3A will be held at Reagan County HS on March 7th. Early weigh-ins will be on March 6th. **Unequipped will compete at Odessa High School Friday, March 6th and early weigh in will be Thursday, March 5th, 2026.** 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 in Edinburg Tx. March 18-21st, 2026. 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.

Scholarship Information:

Please have your kids sign up for the scholarships. Again this year the THSWPA will give 5 - \$1000 Scholarships per region. It is 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 you have any rules questions or concerns please call or email me. (325) 234-8304 or chris.castleman@rcisd.net

Chris Castleman

THSWPA Region 1 Director, Division 3

Reagan County HS