



# 2025 THSWPA Region 3 Division 1 & Unequipped Regional Meets



**Dates:** Saturday, February 28th, 2025 (5A/6A Equipped) & Tuesday, March 3rd, 2025 (Unequipped)

**Place:** Royse City High School Gym (700 FM 2642, Royse City, TX 75189)

**Entry Fee:** \$50 per individual lifter. Please bring entry fee, meal ticket money, completed & signed eligibility waiver, liability waiver, & drug testing affidavit when you arrive on your weigh-in day, do not mail or e-mail beforehand. Make Checks Payable to Royse City High School Powerlifting "Attn: Region 3".

**Rules & Attire:** All THSWPA Guidelines will be enforced at all times. Please make sure to bring signed eligibility form & drug testing affidavits.

## Schedule of Events (5A/6A Equipped)

Friday- Feb. 27<sup>th</sup>

Early Weigh-in 5:00pm – 7:00pm

\*Lifters who miss early weigh-in must weigh-in day of the meet\*

Saturday- Feb. 28<sup>th</sup>

Weigh-in 6:15am- 8:15am

Judges Meeting 8:30am

Coaches Meeting 8:45am

Lifting Begins 9:00am

## Schedule of Events (Unequipped)

Monday- Mar. 2<sup>nd</sup>

Early Weigh-in 5:00pm – 7:00pm

\*Lifters who miss early weigh-in must weigh-in day of the meet\*

Tuesday- Mar. 3<sup>rd</sup>

Weigh-in 6:15am- 8:15am

Judges Meeting 8:30am

Coaches Meeting 8:45am

Lifting Begins 9:00am

**Weight Declarations:** If a lifter qualifies in more than one weight class, it must be declared to me which weight class the lifter intends to compete in by Monday, February 16<sup>th</sup> @ 4:00 p.m. If no declaration is made, the lifter will be assigned to the heaviest class in which she is qualified & you will then be responsible for the \$50 entry fee for that lifter.

**Meals:** Meal tickets will be available for purchase for \$10 SATURDAY ONLY (includes a hotdog, chips, & a soda). Coaches will be provided with a hospitality room (Maximum of 2 Coaches per team).

**Entry Fee for Non-Participants:** There will be a \$5 entry fee for all students and spectators at the door.

**Parking:** Please refer to the parking maps & instructions in the email that will be sent out soon. If you have not filled out the Region 3 Coaches Information Google Form or completed your team roster, please do so ASAP.

Please reach out with any questions or concerns. I look forward to seeing everyone. Good luck to you & your lifters!

Thank you,

Trey Marks  
THSWPA Region 3 Division 1 Director  
Cell: (214) 663-0492  
[r3d1@thswpa.com](mailto:r3d1@thswpa.com)

### **Rack Assignments (5A/6A)**

- Platform 1-
- Platform 2-
- Platform 3-
- Platform 4-
- Platform 5-

### **Rack Assignments (Unequipped)**

- Platform 1-
- Platform 2-
- Platform 3-
- Platform 4-
- Platform 5-

