



## **REGION 3 DIV. 3 3A REGIONAL MEET INFORMATION**

Coaches notice there is a lot of different information on here for all the meets so please see the details below:

### **GENERAL INFORMATION FOR ALL MEETS**

HAVE PAPERWORK FOR EACH LIFTER AND ALTERNATE. REGIONAL RELEASE FORMS, ELIGIBILITY FORMS AND DRUG FORMS CAN BE FOUND ON THE THSWPA.COM WEBSITE. THESE FORMS WILL NOT HAVE TO BE REDONE FOR STATE MEET UNLESS YOUR SCHOOL COMPLETES A GRADING PERIOD BETWEEN THE REGIONAL AND STATE MEETS, THEN YOU WILL NEED A NEW ELIGIBILITY FORM. SCHOLARSHIP APPLICATIONS: IF YOU HAVE A SENIOR YOU WANT TO SUBMIT FOR A CHANCE AT A SCHOLARSHIP...IT MUST BE TURNED IN AT WEIGH-IN OR THE DAY OF THE REGIONAL MEET. WILL BE GIVING OUT 5 SCHOLARSHIPS at the STATE MEET. (Make sure the each lifters application and information are in their own individual envelope when they are turned in)

**ENTRY FEE IS \$50.00.....ALL ENTRY FEE CHECKS ARE TO BE MADE PAYABLE TO: PINE TREE ISD  
POWERLIFTING: ATTENTION THSWPA REGION 3**

**BRING EXTRA CHECK OR CASH FOR ALTERNATE LIFTER(S). NO REFUNDS.**

**NO CHANGE**      **DO NOT MAIL CHECKS. BRING CHECKS WITH YOU.**

CONTACT ME WITH SPELLING CORRECTIONS SO I CAN ELIMATE DOUBLE ENTRIES AND CLARIFY ALTERNATES. [Rportley@ptisd.org](mailto:Rportley@ptisd.org)

IF YOU HAVE A LIFTER THAT IS NOT GOING TO PARTICIPATE IN THE REGIONAL MEET IT WAS YOUR RESPONSIBILITY TO NOTIFY ME BY MONDAY, FEBRUARY 16, 2026, SO I CAN NOTIFY THE ALTERNATE. YOUR SCHOOL WILL BE CHARGED FOR ANY LIFTER THAT DOES NOT SHOW.

JUDGES WILL BE ENFORCING UNIFORM RULES.

PLEASE READ YOUR RULE BOOK. 2 BUMPS ARE ALLOWED. READ THE BUMP RULE. VIDEO OF A LIFT WILL NOT BE REVIEWED.

THE LIFTER'S CARD IS THE OFFICIAL SCORING DOCUMENT. HAVE LIFTERS REPORT NEXT LIFT TO TABLE WORKERS AND VERIFY PREVIOUS LIFTS AT TABLE. WE CANNOT CHANGE RESULTS BASED ON YOUR RECORDS. WE CAN PULL THE CARD AND VERIFY IF IT WAS ENTERED CORRECTLY INTO THE COMPUTER.

In order to make this meet flow as quickly and effectively as possible we are going to run this meet at the pace of the State Meet: This means each platform will run according to the judges and their time. They will take a break after squat and bench press to grab something to eat/use the restroom & we get the table ready for Deadlift. This break will last no longer than 15 minutes.

PLEASE NO OUTSIDE FOOD IN THE GYM

LUNCH Deal – \$8.00 (Slim Chicken Sandwich, Chips, Drink)

Meal Deal Checks are made Payable to: Pine Tree Athletic Department ATTN: THSWPA  
REGION 3

IF YOU PLAN ON GETTING MEAL DEALS: CLICK ON THE LINK BELOW AND FILL OUT THE FORM  
<https://forms.gle/MNFxgUp9AMbJJAxAA>

## **MEET DETAILS**

**Date: Wednesday Feb. 25th**

**Location: Pine Tree High School**

**1005 West Fairmont St. Longview Texas 75604**

### **ALL 3A SCHOOLS**

**Early weigh in: Tuesday Feb. 24th 5:30pm to 7:00pm**

### **3A LARGE**

**Day of Weigh In: 6:00am to 7:30am**

**Judges Meeting: 7:45am**

**Coaches Meeting: 7:55am**

**Bars Loaded: 8:15am**

### **3A SMALL**

**Day of Weigh In: 11:00am to 12:30am**

**Judges Meeting: 1:45pm**

**Coaches Meeting: 1:55pm**

**Bars Loaded: 2:15pm**