



2025 THSWPA Region 3 Division 3 Regional Meets

Dates: Friday, February 28th, 2025 (1A/2A) & Saturday, March 1st, 2025 (3A Large & 3A Small)

Place: Commerce High School Gym (3800 Sregit Drive, Commerce, TX 75428)

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 Commerce High School Athletics (Attn: Trey Marks)**

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

Schedule of Events (1A/2A)

Thursday- Feb. 27th
Early Weigh-in 5:00pm – 7:00pm
Lifters who miss early weigh-in must weigh-in day of the meet

Friday- Feb. 28th
Weigh-in 1:15pm- 3:15pm
Judges Meeting 3:30pm
Coaches Meeting 3:45pm
Lifting Begins 4:00pm

Schedule of Events (3A Large)

Friday- Feb. 28th
Early Weigh-in 5:00pm – 7:00pm
Lifters who miss early weigh-in must weigh-in day of the meet

Saturday Mar. 1st
Weigh-in 6:15am- 8:15am
Judges Meeting 8:30am
Coaches Meeting 8:45am
Lifting Begins 9:00am

Schedule of Events (3A Small)

Friday- Feb. 28th
Early Weigh-in 5:00pm – 7:00pm
Lifters who miss early weigh-in must weigh-in day of the meet

Saturday Mar. 1st
Weigh-in 1:15pm- 3:15pm
Judges Meeting 3:30pm
Coaches Meeting 3:45pm
Lifting Begins 4:00pm

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 17th @ 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 are available for \$8.00 each. Coaches will be provided with hospitality room (**Maximum of 2 Coaches per team**). Please fill out the Google Form for meal tickets & direct any meal ticket questions to athleticboosterparents@gmail.com. Meal Ticket Google Form: <https://forms.gle/Z8SXA7sxKyvGPstW8>

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 emailed me so far this year with contact info 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 3 Director
Cell: (214) 663-0492
trey.marks@commerceisd.org

1A/2A Platform Assignments

Friday, February 28th

- Platform 1- 97's & 114's
- Platform 2- 105's & 123's
- Platform 3- 132's & 148's
- Platform 4- 165's & 181's
- Platform 5- 198's & 220's
- Platform 6- 242's & 242+'s

3A Large Platform Assignments

Saturday, March 1st AM

- Platform 1- 97's & 132's
- Platform 2- 105's & 123's
- Platform 3- 114's & 148's
- Platform 4- 165's & 181's
- Platform 5- 198's & 242's
- Platform 6- 220's & 242+'s

3A Small Platform Assignments

Saturday, March 1st PM

- Platform 1- 97's & 132's
- Platform 2- 105's & 123's
- Platform 3- 114's & 148's
- Platform 4- 165's & 220's
- Platform 5- 198's & 242's
- Platform 6- 181's & 242+'s

