



THSPA Region 3 Division 4 (1A and 2A)

Coaches,

The following information will help you prepare for the 2026 season.

Dues:

Must be postmarked by January 24th. They are \$75.00 and checks should be made payable to THSPA and sent to the following address. Please include the membership form with payment.

THSPA

Box 1072

Crowley, TX 76036

A Membership Application form and rule books can be printed off the website: www.thspa.us. Be sure to look for the simplified rule book to be posted to the website very soon. Please take time to read the THSPA rulebook before we begin the season. It will answer most questions you have.

- A \$200 late fee will be applied in addition to the \$75 membership fee after the January 24th deadline. Schools who fail to pay the required fees will be unable to compete in the regional, or state championships.

Important Dates:

- January 24th – State membership dues must be postmarked
- February 28th – Last qualifying date (*results on this day must be received by midnight*)
- March 2nd – 4:00 pm Weight/Division declaration for double qualified lifters.
- March 5th – Regional Meet Division 4 Equipped– Arp HS
- March 7th– Regional Meet Unequipped- Rusk HS
- March 27th - State Meet – Taylor County Expo Center, Abilene, TX. **Division 4 Equipped lifting will begin at 5:00 pm. All Unequipped lifting will begin at 5:00 pm.** Early weigh in will be on Thursday evening, March 26.



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HOSTING A MEET –Meet results must be sent via e-mail as a .psm file attachment. The association provides Powerscore software free to member schools and you can download the latest version from the website. Meet results are due by 4:00 PM the Monday following the meet. If you cannot have them to me by that time make sure to contact me, otherwise the results will not be accepted

I will post more information about the Regional Meet as we get closer to the end of the season. **Please send me an email with your contact information to davidwilbanks52@gmail.com** . Also I have created a SportYou to ease communication. The code is AANN-CTVJ please join ASAP.

Unequipped Division: THSPA will be adding an unequipped division this year. FAQs about this division will be posted soon to the website homepage. There will be one regional meet per region for unequipped, all unequipped 1A-6A in Region 3 will lift at the Regional Meet at Rusk High School this year.

If I can be of assistance in any way, do not hesitate to contact me.

David Wilbanks
R3d4@thspa.us
Region 3 Division 4 & Unequipped Director