

**Region 1, Divisions 3 & 4
Regional Powerlifting Championships
Post High School
March 12th, 13th, and 14th, 2026**

Coaches,

Here is the information that you need to be aware of as we move toward the Regional Powerlifting meet. Please share this information with your parents as well.

Remember all weight declarations for lifters who qualified in 2 weight classes and/or in 2 divisions (equipped and unequipped) must be made by 4:00 p.m. on Monday, March 2nd. If no declaration is made, the lifter will be placed in the heavier of the 2 weight classes and/or will be placed in the equipped division. The best way to do this is via email. After the 4:00 p.m. deadline, your school becomes financially responsible for the entry fee of each lifter in the top 12.

****If you have UNEQUIPPED lifters qualify for regionals, please notify Coach Cort Arthur of your declarations. He will be in charge of running the Unequipped Regional Meet this year.**

Email: cort.arthur@wyliebulldogs.org

Top 12 lifters per weight class qualify to lift at the regional meet. This includes any ties at the 12th spot. There may be no shows or those who miss weight so if you want to bring your alternate lifters in case someone does drop make sure to have the proper paperwork and entry fees in a separate check.

Regional Meet Information:

- **Division 3 (Equipped)** - Thursday, March 12th at Post High School - The Arena (Main Basketball Gym)
 - o Early Weigh-Ins: 4:30 p.m. – 6:00 p.m. March 11th @ The Arena
 - o Weigh-Ins Day of: 10:30 a.m. – 12:00 p.m. March 12th @ The Arena
 - o Bars Loaded: 1:00 p.m. **Meet will have 2 flights**
- **Unequipped Division** - Friday, March 13th @ Abilene Wylie High School Gym
 - o Early Weigh-Ins: 5:00 p.m. – 7:00 p.m. March 12th @ Abilene Wylie High School Gym
 - o Weigh-Ins Day of: 2:00 p.m. – 3:30 p.m. March 13th @ Abilene Wylie High School Gym
 - o Bars Loaded at 4:00 p.m. *(subject to change pending the morning's meet)*
- **Division 4 (Equipped)** - Saturday, March 14th at Post High School - The Arena (Main Basketball Gym)
 - o Early Weigh-Ins: 5:00 p.m. – 6:30 p.m. March 13th @ The Arena
 - o Weigh-Ins Day of: 6:00 a.m. – 7:30 a.m. March 14th @ The Arena
 - o Bars Loaded: 8:00 a.m. **Meet will have 2 flights**

Entry fee is **\$35 per lifter**. **Pay by check only** and **make payable to POST ISD** and in the memo section put **REGIONAL MEET ENTRY**. **Checks must be brought to registration, DO NOT MAIL CHECKS!** There will be **NO REFUNDS** given so double check that your entry fees are correct.

You need to bring these 4 items with you when you check in: *you may click the hyperlinks to access the forms.*

1. Entry Fee Monies for all lifters (\$35 per lifter)
2. [Eligibility Form](#) signed by Principal or Superintendent. (Found on THSPA site)
3. [Meet Release Form](#) signed by lifter and parent/guardian. (Found on THSPA site)
4. [Drug Testing Affidavit](#) signed by lifter and parent/guardian (Found on THSPA site)
5. Any [Scholarship Applications](#) for Seniors of 2026. (Found on THSPA site)

"The Arena" is located to the east of the High School. A map to assist with bus and spectator parking will be provided the week of the meet.

There will be a Warm-Up area across the street from The Arena. It is our Girl's Weight Room. This will be the only area where lifters may warm-up.

We will run 3 platforms with 2 Flights. Flight Assignments will be posted the week of the meet.

Locker rooms will be **ONLY** for lifters to use for weigh-ins/restrooms. There will be public restrooms located in the foyer of the gym for spectators.

There will be meal deals available on both days for athletes. On Thursday, only a dinner meal deal will be available. On Saturday, there will be a breakfast and lunch meal deal available. For all meal deal inquiries and questions please contact Ashley Hawkins at 806-500-4085 or via email at postboosterclub@gmail.com. Meal deals must be ordered in advance by no later than March 9th.

Admission: \$5.00 adults & \$3.00 for students (no passes accepted). **Parents and spectators are NOT allowed on the competition floor or in the warm-up area. If a parent, spectator, or anyone who is not a coach of the athlete(s) lifting is found on the floor or in the warm-up area, they will be asked to leave the event.**

T-shirts will be on sale Wednesday, Thursday, Friday and Saturday - \$20 each.

There will be a full concession stand available for everyone. We will accept cash, debit/credit card, and tap-to-pay.

There will be a Hospitality Room for all coaches, judges, and workers.

Awards will be announced immediately after the finalization of results at the end of each meet.

If you have any questions, please do not hesitate to call! Good luck to everyone as we hit this final stretch of the season!

Jacob Perez

Post High School

THSPA Regional Director: Region 1, Divisions 3 & 4

Cell Number: **806-893-4380** Email: **jperez@postisd.net**