



THSPA - Region 5 – Division 1 (5A & 6A schools)

www.thspa.us

Coaches- Welcome to the 2026 powerlifting season. You will find some useful information enclosed in this letter. Good luck to all coaches and lifters. I hope the season is productive.

THSPA MEMBERSHIP DUES

They must be post marked by **January 24th , 2026**. On the THSPA website, you can locate the Membership Form. Member schools will posted on this website for you to verify your dues were received by THSPA. Please don't wait until the last minute to check. Dues are \$75.00 per school. Mail the membership form and check to:

THSPA

Box 1072

Crowley, Texas 76036

DUES MUST BE POSTMARKED BY JANUARY 24th , 2026. ANY SCHOOL THAT WISHES TO LIFT IN THE REGIONAL MEET WILL PAY A \$200.00 FINE BEFORE A LIFTER CAN COMPETE. THIS FINE MUST BE PAID BY THE MONDAY BEFORE THE LAST QUALIFIERS MEET, FEBRUARY 15th , 2026 OR THE SCHOOL'S LIFTERS WILL NOT BE ELIGIBLE TO COMPETE AT REGIONALS OR STATE.

W-9 FORMS

If your school requires a W-9 form from THSPA, then the THSPA Website has an updated copy online. Please let your finance department know this

2026 RULEBOOKS

Rulebooks can be downloaded from the THSPA website. Check the 2025 Rulebook at the beginning of the season for any rule changes.

INVITATIONAL MEETS

Dual meets are no longer allowed. Tri and Quad meets must have all judges being certified. All meet results must be sent via-e-mail as a .PSM file attachment.

PowerScore software is provided free to member schools and the Meet Director must have the latest version downloaded from the THSPA website. Meet results are due by 4:00pm the Monday following your meet. I will not accept results after this time. It is your

responsibility to tell the meet director to send them to me. If something were to occur and you cannot give the results to me, make sure to contact me before the deadline.

All meets must **NO** longer be certified through the THSPA website prior to you hosting the meet, however I need you to send me an email the week of your meet. So I will be anticipating your results by Sunday. Meet results from schools that have not paid membership dues by the deadline will be withheld or dropped from the standings.

REGIONAL STANDINGS & LIFTER / SCHOOL NAMES

Results are posted on the THSPA website. Check the standings weekly. If an error occurs in a lifters' or schools name, send me an email so I can correct them. Please don't use all CAPITAL LETTERS when hosting a meet.

LAST CHANCE TO QUALIFY MEETS

The last date to qualify is **Feb 28th , 2026**. All results from these Last Chance meets must be received by **12:00 midnight** on this date to be counted. This is important, because everyone is sending in results across the region. If you do not see your lifters results, please contact the meet host first. Meets not submitted on time will not be uploaded on the site.

WEIGHT CLASS DECLARATIONS

The deadline for declaring a lifter who has qualified for the regional meet in more than one weight class or who is scratched is **Monday, March 2nd , 2026 at 4:00pm**. **YOU ARE RESPONSIBLE FOR THE ENTRY FEE AFTER THIS DATE IF A LIFTER IS SCRATCHED.**

WEIGHT CUTTING OR GAINING WARNING

THSPA does not condone athletes cutting or gaining weight. Excessive weight loss or weight gain to a lifter can result in harm to the athlete's health. THSPA wants the health of your lifters to be held in upmost regard. There is no rule against this type of training just a warning that THSPA or any Regional Directors will not be held liable for lifters who chose to cut or gain excessive weight.

REGIONAL MEETS

Unequipped Division (1A -6A)

TUESDAY, March 10th, 2026

JK Northway Coliseum, Kingsville, Texas

Equipped Division

Saturday, March 14th, 2026

Regional Meet- Saturday, March 14th, Weslaco East High School - Gym

Entry Fee - \$30.00 per lifter. Cash or checks only. Make all checks payable to:

WESLACO INDEPENDENT SCHOOL DISTRICT

Link to w-9: <https://thspa.us/Regions/r5d1/W-9-1-13-2026WISDDEPUTYSUP.pdf>

No Refunds will be given so make sure your entry fees are correct.

Early Weigh Ins- Friday, March 13th - 3:30- 5:00 pm, Weslaco East Gym

Weigh Ins- Saturday, March 14th - 6:30 - 8:00 am at Weslaco East High School - Gym

At check in, please bring the following items.

- Entry Fees
- Drug Testing Form
- Eligibility Forms
- Meet Release Form
- Scholarship Application

SCHOLARSHIPS & ACADEMIC ALL-STAR NOMINATIONS

Paperwork for scholarships is due at the Regional Meet and can be found in the Rulebook. Coaches will nominate their Academic All-Star lifters online. There should be more information posted on the website at a later date.

STATE MEET INFORMATION

Taylor County Expo Center, Abilene, Texas

Thursday, March 26th with Early weigh-ins for Div. 2, 3, 4, and Unequipped Lifters

Friday, March 27th Div. 2 & 3 - 8:00am

Div 4 & Unequipped - 5:00pm

Friday, March 27th Div. 1 5A & 6A – Early weigh-ins

Saturday, March 28th Div. 1 5A & 6A - 8:00am

More information will follow, so check the website for updates on this.

We are all coaches. Getting a hold of me on the phone can be difficult. But, please don't hesitate to call, text, or email me if I can help or be of any assistance to you. E-mail is the best way to contact me. I wish all of you the best of luck in the upcoming season.

Thank you,

A. Rene Guzman

956-969-6950

E-mail: aguzman@wisd.us and/or president@thspa.us