

THSPA Region VI Division 4 Powerlifting Championships

Date: Thursday March 12, 2026

Place: Decatur High School Gym
750 E Eagle Summit Dr.
Decatur, TX 76234

Fee: \$35.00 per lifter. (Division 4) **MAKE CHECKS PAYABLE TO Muenster ISD -**
Attention Powerlifting

Who Qualifies: Top 12 lifters per weight class.

Items needed at weigh-ins

1. Entry Fee
2. Eligibility list signed by principal or superintendent
3. Regional and State Release
4. Scholarship applications, if you have any

ALL PAPERWORK MUST BE REDONE IF LIFTERS QUALIFY FOR STATE

Parking & Entrance: Buses will park in the main lot located off FM 730. All lifters & spectators will enter at the front of the school both days.

Last Qualifying Date: Saturday, February 28th (Results must be submitted by midnight on the 28th)

Declaration of weight class: Monday, March 2nd at 4 PM. Lifters with the top **twelve** qualifying totals as well as alternates must declare by this time or they will be assigned to the heavier weight class. Coaches become responsible for their lifter(s) entry fee at this time. **Let me know ASAP if you have a qualified lifter that can't compete.**

Alternate Lifters: Coaches are encouraged to bring lifters in the top 15 to the regional meet in case there are no-shows or lifters who don't make weight.

No Shows: Your school will be billed for athletes who qualify for the meet and do not compete. I need to know by weight declaration if a lifter will not be lifting.

Admission: \$5.00 – Cash at the door (Children under 5 are free)

T-Shirts: T-shirts will be available the day of the meet.

Concessions: There will be a concession stand available the day of the meet.

Meal Deals: Will be provided by the Decatur Powerlifting Booster Club
(More information will be provided later)

Hospitality Room: Each school will be limited to 2 coaches.

Allowed on the Floor: Only school employed coaches, student wrappers, and qualified lifters will be allowed on the floor during competition. No parents or outside school strength coaches will be allowed, if not followed your lifter will be Disqualified!!! It's in the THSPA Rulebook!!!

Meet Schedule

March 11th

Early Weigh In: 4:00 PM – 6:00 PM
DHS Competition Gym

March 12th

Gym Opens: 1:00 PM (No Entry Until Then)
Weigh In: 1:30 PM - 3:00 PM
Judges Meeting: 3:30 PM
Coaches Meeting: 3:40 PM
National Anthem: 3:55 PM
Bars Loaded: 4:00 PM

Platforms & Flights (Tentative)

Visitor Side of DHS Gym (Division 4)

Platforms	5	6	7	8
Flight 1	114	123	198	242
Flight 2	132	165	220	275
Flight 3	148	181	30 min break	308/SHW

If the number of lifters becomes limited, we may combine weight classes into the same flight. This will most likely happen with Division 4. (Example: Combine 308 and SHW if the number of lifters is low)

Hopefully I have covered everything that you will need. If you have any questions, please do not hesitate to contact me.

Quentin Berend

Cell (817) 629 - 6443 Call or Text

quentin.berend@muensterisd.org