

2023



NMAA POWERLIFTING
**2023 Meet Directors
Training**

1/9/2023 @ 6:00 PM via Zoom

Supplies and Personnel

Pre-Meet Housekeeping

Meet Day

Meet Submission

LAYOUT OF PRESENTATION

TM

*WHAT SUPPLIES DO I
NEED?*

Basic Supplies (per platform)

Weights:

- ☐ 45 lb Barbell (center knurl)
- ☐ 2.5 lb Plates x 2
- ☐ 5 lb Plates x 2
- ☐ 10 lb Plates x 4
- ☐ 25 lb Plates x 2
- ☐ 45 lb Plates x \approx 10
- ☐ 100 lb Plates (if applicable) x 2
- ☐ Collar/Clamp
 - Negligible, 2.5 lbs, 5lbs
- ☐ Bench
- ☐ Squat Rack

Other Supplies

- ☐ Weight Tree
- ☐ Load Chart (available on website)
- ☐ Judging Flags/Lights/Sticks
- ☐ Wire Brush
- ☐ Judge Chairs
- ☐ Disinfectant Spray

Basic Supplies (cont).

If hosting in a location where the sub-floor must be protected such as a school gym

- **Materials Needed**
 - **(Platform base= At Least 4 (3/4 inch) plywood sheets size 4' X 8 ' ; 2 rubber rectangular mats size 4' X 6' or similar. Olympic Powerlifting Platforms are also permitted.**
 - **Gym Floor Tarp**

***Suggestion:**

- **Lay two Pieces of Plywood next to each other laying Horizontal**
- **Then place two more pieces of Plywood on top laying Vertical.**
- **Then Place the two stall mats on the top. (Screw them all together to reduce movement)**

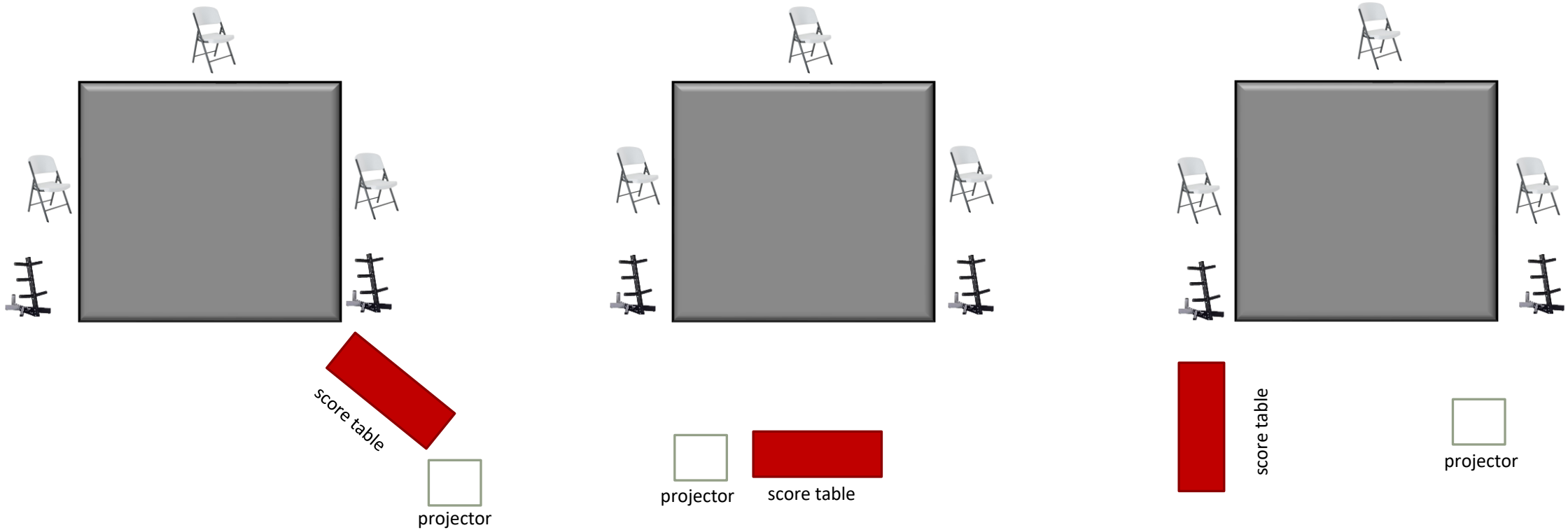
***You can always disassemble your existing Olympic Platforms and re assemble where needed. (Stall Mats are also a good idea to place on top here to minimize slipping.**



Deadlift Platform Examples in a Gym

Setting up Your Facility *example(s)*

← Head Judge →

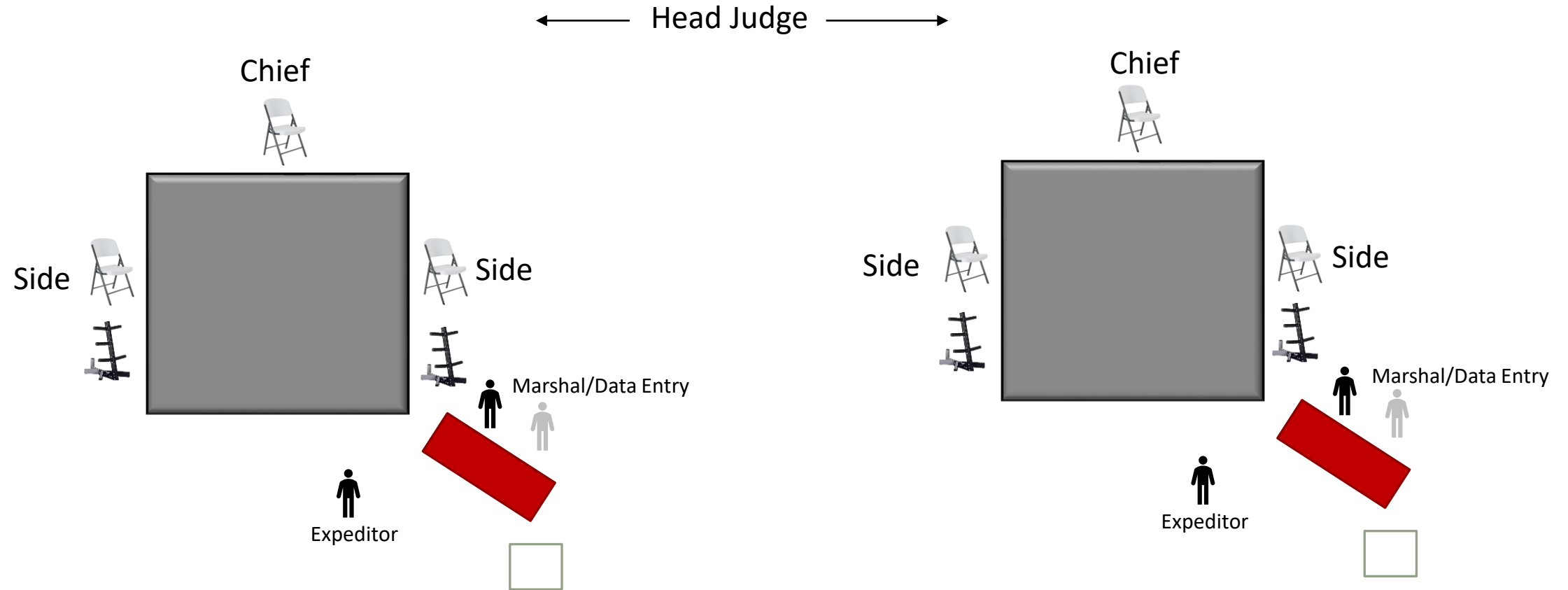


Score Table Personnel & Items Per Platform

- ☐ Expeditor x 1
- ☐ Marshal/Scorer x 1 or 2
- ☐ Projector, Screen, or Whiteboard x 1
- ☐ Expeditor Cards
- ☐ Laptop with scoring system
- ☐ Pens/Dry Erase Marker x tbd

Spotters/Loaders
At least 3 per Platform

Personnel (with judges)











In Weight Room

TM

Pre-Meet Housekeeping

Pre-Meet Checklist

- ☐ Send out Meet Flyer to participating schools
- ☐ Gather the name and number of participants from each school along with their projected weight class
- ☐ Collect and register openers from the participating lifters to save time on meet day.
 - I would suggest getting these a week before meet day or at least 3 days prior to meet day.
- ☐ Create Flights based on the number of lifters you are projecting.

*SOME THINGS TO THINK ABOUT

- *How Many Platforms do you plan on having?*
- *What is the max number of lifters you are willing to facilitate*
- *Are you using Judges "in-house" or are you looking for 3rd Party Judges?*



MEET FLYER EXAMPLES

2021 Bridgeport Bull Invitational Powerlifting Meet

Date: February 6, 2021

Location: Bridgeport Middle School (same campus as our Stadium)
702 17th Street
Bridgeport, TX 76426

Entry Fee: [REDACTED]

Mail check to: [REDACTED]

Entries: All entries, openers, and projected weight classes need to be submitted to me via **EMAIL** no later than Monday February 1, 2021. This will allow us to have the platforms set and openers in the computer before anyone arrives and ensure the meet begins promptly at 8:30 am.

Food: A concession stand will be open. |
Meal plans are available for purchase at our concession stand for athletes. Cost is \$6/meal. Our Booster Club will serve lunch for coaches, judges, and workers.

(PLEASE HAVE YOUR ATHLETES PURCHASE THESE or purchase them for your teams, this is how we continue to host our meets).

Itinerary: Weigh-in 6:00 – 8:00 am
Judges Meet 8:00 am
Coaches Meet 8:15 am
Lifting Begins 8:30 am

Contact: [REDACTED]



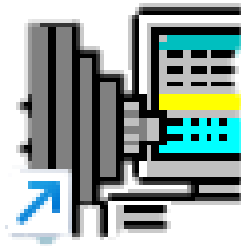
PowerScore Registration

Meet Registration in PowerScore

Pre-Load all lifters into PowerScore Prior to Meet Day:

All-Power Score Tutorials are available at the following link:

- PowerScore 101: <https://youtube.com/playlist?list=PL-AjsvQNBpd-WTR5DON0NSD-NNZFksLqA>
- PowerScore Advanced: <https://youtube.com/playlist?list=PL-AjsvQNBpd-J2WEISvpqOMNHmoMy4BTX>





Flighting

Flighting

- 10-20 Lifters Per Platform (*suggestion*)
- Once you are at 10-20 Per Platform, you will want to think about flights and/or adding another platform.

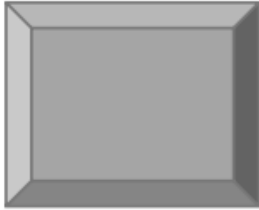
Section 1.5.C of Powerlifting Rule Book

“Where 10 or more lifters are competing at a rack, (“flights”) may be formed consisting of approximately equal numbers of lifters. (A flight can be composed of a single bodyweight category or any combination of bodyweight categories at the discretion of the meet director.)”

FLIGHTING EXAMPLE:



RACK 1



Flight 1: 114B, 123B

Flight 2: 97G, 105G, 259G, SHWG

Flight 3: 132B, 148B

RACK 2



Flight 1: 114G, 123G

Flight 2: 165B, 181B

Flight 3: 132G, 148G

RACK 3

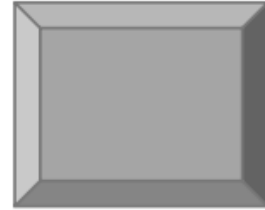


Flight 1: 198B, 220B

Flight 2: 165G, 181G

Flight 3: 242B, 275B

RACK 4



Flight 1: 198G, 220G

Flight 2: 308B, SHWB

Flight	Platform1	Platform 2	Platform 3	Platform 4
1	114B,123B = 16 Lifters	114G, 123G = 15 Lifters	198B, 220B = 16 Lifters	198G, 220G = 16 Lifters
2	97G, 105G, 259G, SHWG = 16 Lifters	165B, 181B = 16 Lifters	165G, 181G = 16 Lifters	308B, SHWB = 16 Lifters
3	132B, 148B = 16 Lifters	132G, 148G = 16 Lifters	242B, 275B = 16 Lifters	

*Flights are subject to change to expedite meet If necessary

MEET DAY

TM

Meet Day

1. Weigh In's
2. Judges Meeting *(after weigh in completes)*
3. Coaches Meeting *(after Judges Meeting)*
4. Bars Loaded *(start of the meet)*



WEIGH IN'S

NMAA EXPEDITOR FORM



NAME _____

SCHOOL _____

CLASS _____

WT _____

PIN _____

1

2

3

BEST

SQUAT

--	--	--	--

Initial Initial Initial Initial

BENCH

--	--	--	--

Initial Initial Initial Initial

SUB

DEADLFT

--	--	--	--

Initial Initial Initial Initial

TOTAL

--

LIFTER # _____

BUMP 1

BUMP 2

NMAA EXPEDITOR FORM



NAME _____

SCHOOL _____

CLASS _____

WT _____

PIN _____

1

2

3

BEST

SQUAT

--	--	--	--

Initial Initial Initial Initial

BENCH

--	--	--	--

Initial Initial Initial Initial

SUB

DEADLFT

--	--	--	--

Initial Initial Initial Initial

TOTAL

--

LIFTER # _____

BUMP 1

BUMP 2

WEIGH IN'S

- Distribute Expeditor Cards to the Participating Head Coaches upon arrival.
- The athletes will fill their openers ONLY on the card (do not fill in all attempts) if you have not already done so.
- The athletes will take their card to the weigh in administrator and hand them the card.
- The weigh in administrator will fill in the BWT portion and will keep the card.
- As weight in's complete the Meet Director can take the completed cards to the assigned racks to begin sorting.

Judges Meeting

- Command Review (especially for new judges)
- Rules Review
 - Key Points to look for each lift.
- Discussion of.....
 - Common disqualifications for each lift
 - Apparel (legal and illegal)
 - Spotters and Loaders roles and expectations

Check out this form for guidance: [Pre-Meet Meeting Format.pdf](#)

Coaches Meeting

Meet Director

MEET LOGISTICS:

- Who is allowed on the floor, how to access the floor for lifters and coaches, where is warm up room or how are we warming up?/Important locations of Personnel (trainer, concessions, etc.)

MEET ITINERARY:

- Meet commencement, how many flights, National Anthem/Pledge of Allegiance, Breaking for lunch, when and where results will be posted

AWARDS:

- When, where, and format if applicable.

BEHAVIOR EXPECTATIONS

Head Judge

- Lifter Apparel
- Rule Review (commands, lift criteria, common causes for disqualification of lifts)
- Behavior Expectations (behavior on platform and errors in loading/spotting procedures)

[Pre-Meet Meeting Format.pdf](#)

TM

RUNNING YOUR MEET



Rounds System

Running Your Meet (basic steps)



- Group and organize weight classes by flights and platform assignments.
- During the meet, between flights, use the expeditor cards to organize and enter the lifters attempts into your scoring system.
 - Ensure the scoring system is visible for competitors during competition for each platform (projector, promethean board, large screen, etc.)
- After Bench Press, print and post the subtotals for each weight class separately on the wall for coaches and lifters to see. Do not start Deadlift without posting the subtotal (Squat & Bench) for each weight class.

1:00

To perform lift after bar is loaded



Chief Judge

Side Judge

Side Judge

Performs Lift

Informs table of next lift

Marshal

Marshal

E

"5 is up, 3 is on deck, 1 in the hole"

Waits for next round

A diagram of a scoreboard, tilted at an angle. It shows a grid with columns and rows, likely representing different lifts and their scores. The grid is filled with green and red numbers, indicating scores for different teams or individuals.

NMAA		EXPEDITOR		FORM	
NAME		SCHOOL			
CLASS	1	2	3	BEST	
SQUAT	Initial	Initial	Initial	Initial	
BENCH	Initial	Initial	Initial	Initial	
DEADLIFT	Initial	Initial	Initial	Initial	
TOTAL			TOTAL		
LIFTER #	BUMP 1		BUMP 2		

2

1

4

6

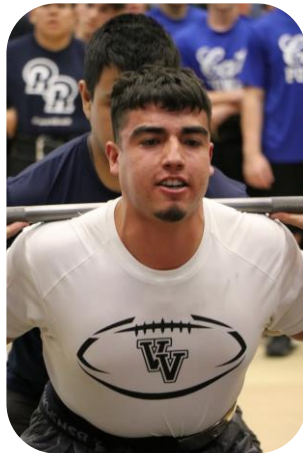
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3

Rounds System (cont.)

Repeat rounds for...

Squat



Bench



Deadlift

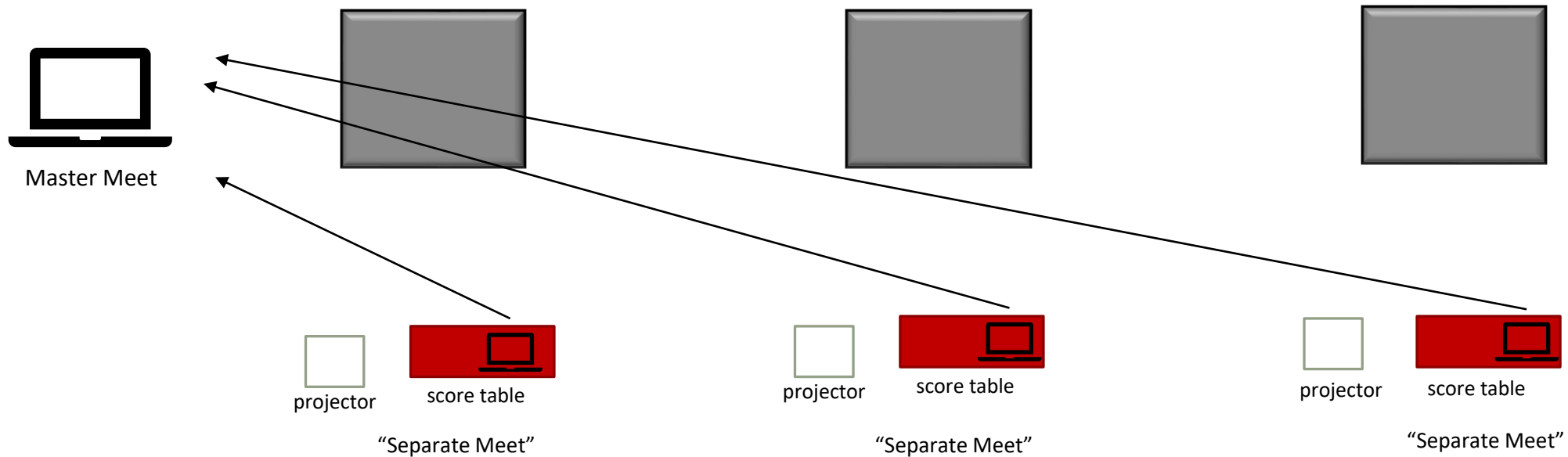


(After Bench Press...
Print and Post the
Sub-Totals Prior to
Starting Deadlift)

*Think about Lunch per Platform?

PowerScore With Multiple Platforms

After Each Platforms Flight Have a Runner Run
the Cards to the Master Computer for Entry



Registration | Competition | Standings | Best Lifters | Best Lifts | Summary | Detail | Tools

Weight Class

97	220	All Lifters
105	259	All Divisions
114	259+	
123	97 to 148	
132	165 to 259+	
148	Unclassified	
165	Bombed	
181	Scratched	
198	Disqualified	

Sort By (1st click for normal sort, 2nd click to reverse sort order)

Lifter No.	Malone Squat
Team	Malone Bench
Lifter	Malone Dead
BWT	Malone Total
Place	
Squat	
Bench Press	
Dead Lift	
Total Wt.	

Full Screen | Print Competition Report (wall charts)...

☐ Show Clock ☐ Show Bar Loading ☒ Hide Coefficient Columns

Team	Lifter	Lifter No.	BWT	Place	Squat	Bench Press	Dead Lift	Total Wt.
Lovington High	Contreras, Mia	15	113.4	1	160	100	200	460
Lovington High	Contreras, Aubrey	16	122.4	2	180	65	215	460
Lovington High	Knapp, Carli	17	119.8	1	150	105	230	485
Lovington High	Reza, Kiarra	18	132	1	185	95	225	505
Lovington High	Nava, Yazmin	19	146.2	1	205	120	270	595
Lovington High	Contreras, Giselle	20	153.8	2	210	115	255	580
Lovington High	Wallace, Gabi	21	151.2	1	255	115	255	625
Lovington High	Andujo, Emily	22	180.1	2	255	120	305	680
Lovington High	Garrison, Emma	23	180	1	275	135	315	725
Lovington High	Martinez, Hannia	24	196.1	1	265	150	285	700
Lovington High	Estrada, Jenna	25	204.4	1	200	95	265	560
Lovington High	Yanez, Jayln	26	257.2	2	205	125	275	605
Portales High School	Velasco, Mariah	39	101.4	1	135	75	150	360
Portales High School	Sievers, Kami	40	173	3	185	95	210	490
Portales High School	Maestas, Jlynn	41	114.6	4	125	70	175	370
Portales High School	Ontiveros, Abby	42	114	2	145	85	195	425
Portales High School	Knox, Maebri	43	157	3	175	110	185	470
Portales High School	Low, Olivia	44	160.6	4	170	75	215	460
Portales High School	Castillo, Elizabeth	45	188	2	205	105	230	540
Portales High School	Cordova, Dawci	46	190.6	3	170	95	230	495
Portales High School	Blackwell, Destiny (B)	47	110.2	BO	0	60	175	0

TM

Conclusion of Your Meet

Click on the Standings Tab after all results are input

PowerScore 6.23.0 [C:\ProgramData\PowerScore\PowerScore.psd] Lovington vs Portales Dual - Boys

Registration

Competition

Standings

Best Lifters

Best Lifts

Summary

Detail

Tools

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Individual Standings Report

Wt. Class	Place	Lifter Num	Lifter	Team	Total Weight
123	1	32	Miller, Cayleb	Portales High School	705.00
132	1	1	Gonzalez, Ramiro	Lovington High	750.00
	2	14	Clayton , Ealan	Lovington High	710.00
	3	3	Arreola, Bronx (B)	Lovington High	665.00
148	1	4	Holguin, Alec	Lovington High	915.00
	2	13	Wieser, Ryan	Lovington High	890.00
	3	29	Fitts, Lazarus	Portales High School	835.00
	4	2	Ochoa, Camon (B)	Lovington High	825.00
	5	28	Lopez, Tommy	Portales High School	815.00
165	1	5	Moore, Kadence	Lovington High	840.00
	2	31	Holguin, Rigoberto	Portales High School	825.00
	3	37	Ramirez, Leo	Portales High School	770.00
181	1	33	Chavez, Manny	Portales High School	880.00
	2	6	Carrasco, Joshua	Lovington High	845.00
	3	35	Myers, Alec	Portales High School	815.00
	4	36	Smith, Gideon (B)	Portales High School	735.00
198	1	7	Sanchez, Angel	Lovington High	860.00
220	1	8	Tarango, Leo	Lovington High	1025.00
	2	27	Lopez, AJ	Portales High School	875.00
242	1	9	Bishop, Sawyer	Lovington High	755.00
275	1	10	Garcia, Brennen	Lovington High	1180.00
	2	38	Bustamante, Jose	Portales High School	875.00
SHW	2	12	Bosquez, Jayden	Lovington High	1155.00
308	1	11	Wall, Daniel	Lovington High	1235.00
SHW	1	30	Lavalle, Nick	Portales High School	1175.00

Team Standings Report

Place	Team	1st x7	2nd x5	3rd x3	4th x2	5th x1	Total Pts.
1	Lovington High School	8	4	0	0	0	76
2	Portales High School	3	3	3	0	1	46

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Task View

PowerScore

1/8/2023

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Concluding
Your Meet

Print Details for Coaches

PowerScore 6.23.0 [C:\ProgramData\PowerScore\PowerScore.psd] Lovington vs Portales Dual - Boys

Registration

Competition

Standings

Best Lifters

Best Lifts

Summary

Detail

Tools

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Detail Report

Combine Divisions into a Single Report...

Wt. Class	Place	Lifter	Lifter Num	Team	BWT	Squat	Bench Press	Dead Lift	Total	Schwartz	Schwartz Squat	Schwartz Bench
123	1	Miller, Cayleb	32	Portales High School	116.80	250.00	180.00	275.00	705.00	0.9385	234.63	160.00
	1	Gonzalez, Ramiro	1	Lovington High School	130.20	275.00	160.00	315.00	750.00	0.8276	227.59	130.00
132	2	Clayton , Ealan	14	Lovington High School	131.00	245.00	160.00	305.00	710.00	0.8210	201.15	130.00
	3	Arreola, Bronx (B)	3	Lovington High School	129.40	235.00	145.00	285.00	665.00	0.8343	196.06	120.00
148	1	Holguin, Alec	4	Lovington High School	144.10	305.00	205.00	405.00	915.00	0.7479	228.11	150.00
	2	Wieser, Ryan	13	Lovington High School	146.40	290.00	175.00	425.00	890.00	0.7385	214.17	120.00
	3	Fitts, Lazarus	29	Portales High School	144.80	315.00	155.00	365.00	835.00	0.7479	235.59	110.00
	4	Ochoa, Camon (B)	2	Lovington High School	144.80	295.00	185.00	345.00	825.00	0.7479	220.63	130.00
	5	Lopez, Tommy	28	Portales High School	143.60	275.00	195.00	345.00	815.00	0.7528	207.02	140.00
	SC	Lazano, Dallas	34	Portales High School	148.00	0.00	0.00	0.00	0.00	0.7294	0.00	0.00
165	1	Moore, Kadence	5	Lovington High School	159.40	280.00	195.00	365.00	840.00	0.6857	192.00	130.00
	2	Holguin, Rigoberto	31	Portales High School	162.20	315.00	175.00	335.00	825.00	0.6753	212.72	110.00
	3	Ramirez, Leo	37	Portales High School	156.60	300.00	155.00	315.00	770.00	0.6967	209.01	100.00
181	1	Chavez, Manny	33	Portales High School	174.20	290.00	205.00	385.00	880.00	0.6392	185.37	130.00
	2	Carrasco, Joshua	6	Lovington High School	165.80	275.00	185.00	385.00	845.00	0.6656	183.04	120.00
	3	Myers, Alec	35	Portales High School	169.40	295.00	205.00	315.00	815.00	0.6533	192.72	130.00
	4	Smith, Gideon (B)	36	Portales High School	165.20	245.00	155.00	335.00	735.00	0.6656	163.07	100.00
198	1	Sanchez, Angel	7	Lovington High School	197.40	305.00	190.00	365.00	860.00	0.5879	179.31	110.00
220	1	Tarango, Leo	8	Lovington High School	216.20	365.00	245.00	415.00	1025.00	0.5592	204.11	130.00
	2	Lopez, AJ	27	Portales High School	213.40	315.00	195.00	365.00	875.00	0.5630	177.35	100.00
242	1	Bishop, Sawyer	9	Lovington High School	233.60	255.00	145.00	355.00	755.00	0.5426	138.36	70.00
275	1	Garcia, Brennen	10	Lovington High School	274.60	435.00	275.00	470.00	1180.00	0.5220	227.07	140.00
	2	Bustamante, Jose	38	Portales High School	261.00	315.00	155.00	405.00	875.00	0.5284	166.45	80.00
SHW	2	Bosquez, Jayden	12	Lovington High School	295.80	405.00	250.00	500.00	1155.00	0.5104	206.71	120.00
308	1	Wall, Daniel	11	Lovington High School	285.60	455.00	275.00	505.00	1235.00	0.5158	234.69	140.00
SHW	1	Lavalle, Nick	30	Portales High School	321.80	460.00	250.00	465.00	1175.00	0.4973	228.76	120.00

1

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1/8/2023

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Concluding
Your Meet

Print Meet Summary for Coaches

PowerScore 6.23.0 [C:\ProgramData\PowerScore\PowerScore.psd] Lovington vs Portales Dual - Boys

Registration | Competition | Standings | Best Lifters | Best Lifts | Summary | Detail | Tools

Summary Report

Edit report layout...

Individual Totals

123 Class

1. Miller, Cayleb	32	Portales High School	705.00
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148 Class

1. Holguin, Alec	4	Lovington High School	915.00
2. Wieser, Ryan	13	Lovington High School	890.00
3. Fitts, Lazarus	29	Portales High School	835.00
4. Ochoa, Camon (B)	2	Lovington High School	825.00
5. Lopez, Tommy	28	Portales High School	815.00

181 Class

1. Chavez, Manny	33	Portales High School	880.00
2. Carrasco, Joshua	6	Lovington High School	845.00
3. Myers, Alec	35	Portales High School	815.00
4. Smith, Gideon (B)	36	Portales High School	735.00

220 Class

1. Tarango, Leo	8	Lovington High School	1025.00
2. Lopez, AJ	27	Portales High School	875.00

275 Class

1. Garcia, Brennen	10	Lovington High School	1180.00
2. Bustamante, Jose	38	Portales High School	875.00

SHW Class

2. Bosquez, Jayden	12	Lovington High School	1155.00
1. Lavalle, Nick	30	Portales High School	1175.00

132 Class

1. Gonzalez, Ramiro	1	Lovington High School	750.00
2. Clayton , Ealan	14	Lovington High School	710.00
3. Arreola, Bronx (B)	3	Lovington High School	665.00

165 Class

1. Moore, Kadence	5	Lovington High School	840.00
2. Holguin, Rigoberto	31	Portales High School	825.00
3. Ramirez, Leo	37	Portales High School	770.00

198 Class

1. Sanchez, Angel	7	Lovington High School	860.00
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242 Class

1. Bishop, Sawyer	9	Lovington High School	755.00
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308 Class

1. Wall, Daniel	11	Lovington High School	1235.00
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Best Lifters (Schwartz)

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PowerScore

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1/8/2023

25

Concluding
Your Meet

Concluding Your Meet

- Do you have awards?
 - Medals/Plaques/Recognition/Top Lifters, etc.?
 - At the Conclusion of the Meet?
 - Running Awards?
 - Pre-Packaging Awards?
 - Include Printed Results Summary in awards packet or just hand to each head coach.
- Clean Up
 - Everybody pitches in!



Exporting Your Meet

Results are due the by the Monday following your meet by 4:00 PM and sent with a PowerScore file (psm.)

Instructions are found at the following link:

<https://www.youtube.com/watch?v=KsGlyLptVKc>