



2024 International Brotherhood of Electrical Workers and National Electrical Contractors Association State Powerlifting Championships

Girls – Friday, April 12th
Boys – Saturday, April 13th

Schedule of Events

Wednesday, Apr. 3 rd	3:00pm	NMAA Website	State Qualifiers Posted
Monday, Apr. 8 th	4:00pm	Video Conference	Coaches Pre-State Meeting
Monday, Apr. 8 th	5:00pm	Video Conference	Judges Pre-State Meeting
Monday, Apr. 8 th	6:00pm	Video Conference	Worker Pre-State Meeting
Friday, Apr. 12 th	7:30am	Rio Rancho Events Center	Team/Athlete Entry
Friday, Apr. 12 th	7:30am	Rio Rancho Events Center	Weigh-ins Begin
Friday, Apr. 12 th	9:00am	Rio Rancho Events Center	Weigh-ins Conclude
Friday, Apr. 12 th	9:00am	Rio Rancho Events Center	Doors Open
Friday, Apr. 12 th	10:00am	Rio Rancho Events Center	Bars Loaded
			Squat (10:00-12:30)
			Break (12:30-1:00)
			Bench (1-3:30)
			Deadlift (3:30-6:00)
			Team Awards (6:00-6:30)
Saturday, Apr. 13 th	7:30am	Rio Rancho Events Center	Team/Athlete Entry
Saturday, Apr. 13 th	7:30am	Rio Rancho Events Center	Weigh-ins Begin
Saturday, Apr. 13 th	9:00am	Rio Rancho Events Center	Weigh-ins Conclude
Saturday, Apr. 13 th	9:00am	Rio Rancho Events Center	Doors Open
Saturday, Apr. 13 th	10:00am	Rio Rancho Events Center	Bars Loaded
			Squat (10:00-12:30)
			Break (12:30-1:00)
			Bench (1-3:30)
			Deadlift (3:30-6:00)
			Team Awards (6:00-6:30)

*Note – all times in (brackets) are tentative

*Note – individual awards will be awarded immediately at the conclusion of the weight class