

## Power Lifting- Coach

School \*

Select Your School

#1. Select your school

Week \*

- ☐ Week #1: November 2 – November 8
- ☐ Week #2: November 30 – December 6
- ☐ Week #3: January 4 – January 10
- ☐ Final Week: February 1 – February 7

#2. Select competition week

## Power Lifting- Official Scorecard

### GUIDELINES

- No more than 12 entries per level

- 12 Boys Varsity
- 12 Boys Junior Varsity
- 12 Boys C-Team
- 12 Girls Varsity
- 12 Girls Junior Varsity
- 12 Girls C-Team

#3. Read all guidelines

- No more than 2 entries per weight class

- Body weight shall be entered to the nearest tenth (.1) of a pound.

*Once the form is submitted an email will be sent to your AD where they will verify lift weights and weigh-in weights.*

PLEASE FOLLOW THE DIRECTIONS ABOVE

### Add Athletes

Gender	Level	Weight Class	Body Weight	Name	Grade	Squat	Bench	Dead Lift	Total
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There are no entries.

Add Entry

#4. Add individual entries

(Max of 12 per level & no more than 2 per weight class at each level)

Your Name \*

First

Last

Athletic Director Name \*

First

Last

Athletic Director Email \*

Submit

Carlsbad High School

#5. FILL OUT ALL REQUIRED INFO FOR EACH INDIVIDUAL ENTRY

Week \*

- ☒ Week #1: November 2 - November 8
- ☐ Week #2: November 30 - December 6
- ☐ Week #3: January 4 - January 10
- ☐ Final Week: February 1 - February 7

Scorecard Information

Gender \*

- ☒ Boys
- ☐ Girls

Level \*

- ☒ Varsity
- ☐ Junior Varsity
- ☐ C-Team

Classification \*

- ☐ A
- ☐ 2A
- ☐ 3A
- ☐ 4A
- ☒ 5A

Weight Class \*

Weight classes listed with a (G) are only for girls.

Weight classes listed with a (B) are only for boys.

165

Body Weight \*

List to the nearest tenth.

For example, 135.4

164.4

NOTE: BODY WEIGHT MUST BE LISTED TO THE NEAREST TENTH

Name \*

John

First

Doe

Last

Grade \*

12

Squat \*

300

Bench \*

225

Dead Lift \*

400

Total \*

925

#6. Add Entry

Cancel

Add Entry

## Power Lifting- Coach

School \*

Carlsbad High School

Week \*

☒ Week #1: November 2 – November 8

☐ Week #2: November 30 – December 6

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☐ Final Week: February 1 – February 7

## Power Lifting- Official Scorecard

### GUIDELINES

- No more than 12 entries per level

- 12 Boys Varsity
- 12 Boys Junior Varsity
- 12 Boys C-Team
- 12 Girls Varsity
- 12 Girls Junior Varsity
- 12 Girls C-Team

- No more than 2 entries per weight class

- Body weight shall be entered to the nearest tenth (.1) of a pound.

*Once the form is submitted an email will be sent to your AD where they will verify lift weights and weigh-in weights.*

PLEASE FOLLOW THE DIRECTIONS ABOVE

### Add Athletes

Gender	Level	Weight Class	Body Weight	Name	Grade	Squat	Bench	Dead Lift	Total	
Boys	Varsity	165	164.4	John Doe	12	300	225	400	925	<a href="#">Edit</a> <a href="#">Delete</a>

[Add Entry](#)

**#7. Continue adding all remaining entries  
(Max of 12 per level & no more than 2 per weight class at each level)**

Your Name \*

First

Last

Athletic Director Name \*

First

Last

Athletic Director Email \*

[Submit](#)

**#8. Once all entries have been added, enter your name, AD name, AD email, and hit submit.**

**\*Make sure AD email address is correct. AD's must verify all body weights and lift totals.**

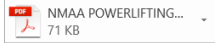


Tue 10/27/2020 12:12 PM

New Mexico Activities Association <info@powermediallc.org>

Power Lifting Scorecard- Approval

To: Scott Owen



#9. AD receives email requesting approval for weigh-in weights and lift weights.

#10. AD reviews PDF attached to verify all information.

Jane Doe submitted the Power Lifting Scorecard from a competition held Week #1: November 2 – November 8. Please review the information (specifically lift weights and weigh-in weights) and approve the form.

[Power Lifting Scorecard Review](#)

#11. AD clicks the “Powerlifting Scorecard Review” link to bring them to the approval page shown below.

Instructions:

Jane Doe submitted the Power Lifting Scorecard from a competition held Week #1: November 2 – November 8. Please review the information (specifically lift weights and weigh-in weights) and approve the form.

Key points to note:

- No more than 12 entries per level
    - 12 Boys Varsity
    - 12 Boys Junior Varsity
    - 12 Boys C-Team
    - 12 Girls Varsity
    - 12 Girls Junior Varsity
    - 12 Girls C-Team
  - No more than 2 entries per weight class
  - Body weight shall be entered to the nearest tenth (.1) of a pound.
- Thanks.

Power Lifting- Coach : Entry # 35644

☐ show  
empty fields

School

Carlsbad High School

Week

Week #1: November 2 – November 8

Power Lifting- Official Scorecard

Add Athletes

Gender	Level	Weight Class	Body Weight	Name	Grade	Squat	Bench	Dead Lift	Total	
Boys	Varsity	165	164.4	John Doe	12	300	225	400	925	<a href="#">View Entry</a>

View Expanded Entry List

Your Name

Jane Doe

Athletic Director Name

Scott Owen

Athletic Director Email

s.owen@nmact.org

☒ Approve ☐ Reject

#12. AD approves the form.