



2023 New Mexico Gas Company Energy Efficiency Programs State Powerlifting Championships

Dear Coaches,

Congratulations to any school and lifter who has qualified to compete in the NMAA Powerlifting State Championships in Rio Rancho, New Mexico! Please thoroughly review the information as you finalize your trip to Rio Rancho.

Date: Friday, March 31st : A-5A Girls and A-3A Boys
Saturday, April 1st : 4A Boys and 5A Boys

Place: Rio Rancho High School Main Gym
301 Loma Colorado Dr NE
Rio Rancho, NM 87124

Schedule at-a-Glance: (Please review the meet itinerary on the website for a detailed list of events)

Friday, March 31st

Weigh In	10:00AM-12:00PM
Doors Open to Public	12:00 PM
Athlete Address	12:05 PM
Judge Meeting	12:20 PM
Coaches Meeting	12:30 PM
National Anthem	12:55 PM
Bars Loaded	1:00 PM

Saturday, April 1st

Weigh In	7:00AM-9:00AM
Doors Open to Public	9:00 AM
Athlete Address	9:05 AM
Judge Meeting	9:20 AM
Coaches Meeting	9:30 AM
National Anthem	9:55 AM
Bars Loaded	10:00 AM

IMPORTANT THINGS TO CONSIDER

Pre-State Coaches Meeting March 27th 6:00PM (ZOOM): There will be a mandatory Zoom Pre-State Coaches meeting for all teams with qualifying lifters on March 27th at 6:00pm.

Openers: Openers must be submitted by Wednesday March 29th by 4:00PM.

Verification of Eligibility: Each Qualifying team must have a “Verification of Eligibility Form” filled out for their boys and girls qualifying roster for the 2023 State Meet. This must be emailed to dillon@nmact.org by Wednesday March 29th at 4:00PM.

Bus Parking: Enter Rio Rancho High School through the student parking lot entrance off Loma Colorado. Athlete Drop Off is behind the gymnasium and busses will proceed to park in the far west area of the parking lot.

Team Check-In and Weigh-In Process: Teams will complete the Check-in and Weigh-in Process as they arrive (briefly explained below but will be explained in detail in Monday’s Zoom)

1. Teams will check in and receive their team packet (Itinerary & Expeditor Forms) at the “Team Check-In” located in the lobby of the Rio Rancho High School Main Gym.
2. Teams will then proceed to the Main Gym to secure a spot in the team seating area in the Lower South Bleachers in the Main Gym.

3. Lifters will proceed to the gym floor to find their individual "Pin" height and include this in their expeditor form.
4. The lifter will then proceed to weigh in's.
 - a. LIFTERS WILL WEIGH IN THEIR COMPEITION CLOTHING (shoes not included)
 - b. If an athlete misses weight, they will be allotted a second weigh-in as long as it is in the weigh in window.

Team Attire:

- Preferred: Singlets with Team T-Shirt (socks that cover the shin for deadlift)
- Acceptable (this year only): Team T Shirt & Team Shorts (socks that cover the shin for deadlift)
 - If wearing shorts, the T-Shirt must be tucked in and shorts must be above the knee and pocketless.
- Team attire must be school approved.

Athlete Address and Coaches Meeting

- **Athlete Address (see itinerary for time):** The meet head judge will address all athletes in the aux gym with regards to meet expectations and procedures.
- **Coaches Meeting (see itinerary for time):** Coaches must report to the Rio Rancho Gym Classroom located in the Gym Lobby to meet the with the Judging Staff for a rules review and a discussion of expectations and procedures for the meet.

MISCELLANEOUS INFORMATION

Admission: GoFan digital tickets are available for purchase online at the following link <https://gofan.co/nmaa> . Price is \$10.00 for Adults, \$5.00 for Military, Senior (65+), and Student (K-12) *subject to transaction fees.*

Spectators can purchase the digital GoFan ticket on site if needed via the QR Codes that are posted outside the lobby or by *debit or credit card only* at the ticket table.

Wrist bands will be distributed each day at the gate once admitted so spectators can leave and re-enter the facility when needed. Wrist bands will only be valid for one day of the event.

Team Wristbands: All coaches and support staff will be required to wear the distributed ORANGE wristband on Friday and the distributed PURPLE wristband on SATURDAY for admittance on the lifting floor. Each team will receive 6 wristbands per day. Wristbands will be included in your team packet and can only be given to the Coaching Staff or Managers. Lifters will only need their lifter number and will not require a wrist band.

T-Shirts: Kukulski Brothers will be selling T-Shirts throughout the meet and will set up a trailer outside of the Rio Rancho Main Gym Lobby.

Concessions: Rio Rancho High School Football will be providing the concessions for the event.

Hopefully this letter covers all pertinent information as we prepare for our Meets on March 31st and April 1st. If you have any questions, please do not hesitate to contact me at (505) 252-5662 or at dillon@nmact.org.

Congratulations and good luck!

Dillon Metzgar