

2022 ROCKY MOUNTAIN STATE GAMES

Final Schedule

Saturday - JULY 30

Session 1 – Boy's Youth and Junior - All Weight Classes
11 Lifters

Weigh-in – 7:00am Lift – 9:00am

Session 2 – Girl's Youth and Junior - All Weight Classes
9 Lifters

Weigh-in – 9:00am Lift – 11:00am

Session 3 – Women's Senior and Master's Divisions – 45kg, 49kg, 55kg, and 59kg
10 Lifters

Weigh-in – 11:00am Lift – 1:00pm

Session 4 – Men's Senior and Master's Divisions – 55kg, 61kg, 67kg, 73kg and 81kg
14 Lifters

Weigh-in – 1:00pm Lift – 3:00pm

Session 5 – Women's Senior and Master's Divisions – 64kg and 71kg
15 Lifters

Weigh-in – 3:30pm Lift – 5:30pm

2022 ROCKY MOUNTAIN STATE GAMES

Final Schedule

Sunday – JULY 31

Session 6 – Women’s Senior and Master’s Divisions – 76kg and 81kg
10 Lifters

Weigh-in – 7:00am Lift – 9:00am

Session 7 – Men’s Senior and Master’s Divisions – 89kg and 96kg
9 Lifters

Weigh-in – 9:00am Lift – 11:00am

Session 8 – Men’s Senior and Master’s Divisions – 102, 109kg and +109kg
9 Lifters

Weigh-in – 11:00am Lift – 1:00pm

Session 9 – Women’s Senior and Master’s Divisions – 87kg and +87kg
14 Lifters

Weigh-in – 1:00pm Lift – 3:00pm