Special Olympics
Minnesota
Area 3 Powerlifting

Facts at a Glance

DATE: Saturday, January 26th, 2019

SPORT: Powerlifting

LOCATION: CrossFit Itasca - 1247 South Pokegama Avenue - Grand Rapids, MN

REGISTRATION: Registration will be open until midnight on January 13th!
On-line registration! Web site: https://services.specialolympicsminnesota.org
The registration web site can be accessed via HOD Resources on the following web site as well: specialolympicsminnesota.org.
If you need your username or password, please contact your HOD.

If you have any other questions regarding registration, please contact Dani Druse at dani.druse@somn.org or 763.270.7193.

RULES: This competition shall be conducted in accordance with Special Olympics rules and guidelines outlined in the Special Olympics Minnesota Handbook for this sport.

Event List:

Bench Press
Squat
Dead Lift
Combination 1 (Bench Press and Deadlift)
Combination 2 (Bench Press, Deadlift and Squat)
SPORT SPECIFIC GUIDELINES – POWERLIFTING:

- If an athlete will be competing in ALL the lifts (squat, bench press, and dead lift), select the event COMBINATION 2. If the athlete will be competing in the bench press and the deadlift, select the event COMBINATION 1. If the athlete will only be doing an individual lift, please select the appropriate lift (example: Bench Press).

- A qualifying score will need to be entered for each event. For powerlifting, the qualifying score will be the athlete’s weight class.

- Please be sure your athletes are in the appropriate weight class. Example: if a male athlete weighs 135 pounds, he should be in the 145.5 weight class. If a male athlete weighs 129 pounds, he should be in the 130 weight class.

- Please see the Special Olympics Incorporated Powerlifting Rules for more information

Tentative Schedule

GENERAL SCHEDULE

**Powerlifting:**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>9:30 am</td>
<td>Delegation Check In</td>
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<tr>
<td>9:45 am</td>
<td>Weigh in/warm up</td>
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<tr>
<td>10:00 am</td>
<td>Opening Ceremonies</td>
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<tr>
<td>10:15 am</td>
<td>Competition Begins</td>
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*TBD*  
* Awards presented at the conclusion of the event.*