



# Special Olympics Minnesota Area 6/8 Powerlifting

## Facts at a Glance

<b>DATE:</b>	Saturday, February 16 <sup>th</sup>
<b>SPORT:</b>	Powerlifting
<b>LOCATION:</b>	Southwest State University 1501 State St. Marshall, MN 56258
<b>REGISTRATION:</b>	Registration will be open until <b>midnight on February 2<sup>nd</sup></b> ! On-line registration! Web site: <a href="https://services.specialolympicsminnesota.org">https://services.specialolympicsminnesota.org</a> The registration web site can be accessed via HOD Resources on the following web site as well: <a href="https://specialolympicsminnesota.org">specialolympicsminnesota.org</a>
<b>RULES:</b>	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  
Combination 1  
Combination 2  
Dead Lift  
Squat

## Tentative Schedule

### GENERAL SCHEDULE

#### Powerlifting

12:30	Delegation Check In
12:30-1:00	Weigh in/warm up
1:00	Opening Ceremonies
<i>On-going</i>	<i>Awards</i>