

Regional Powerlifting

**Special
Olympics**
New York



Saturday, April 30th
Canandaigua CrossFit
699 S Main St, Canandaigua,
NY, 14424

GENERAL SCHEDULE:

11AM—Registration
11:30AM—Opening Ceremonies
11:45AM—Athletes Warm Up
12PM—First Lifts Start
2PM—Lifting Ends
2:30PM—Awards

Reminders:

- ◆ Athlete registration paperwork must be completed PRIOR to competition. This includes athlete medical forms, athlete release/consent, COVID Code of Conduct and Communicable Disease Waiver.
- ◆ Athletes must wear appropriate powerlifting attire.
- ◆ Qualifying scores must be present on registration forms in order to assure competitive divisions.

REGISTRATION INFORMATION:

REGISTRATIONS DUE NO LATER THAN:

Friday, April 22nd

PLEASE EMAIL REGISTRATIONS TO:

jdauvergne@nyso.org

EVENT INFORMATION:

**BENCH PRESS
DEADLIFT
COMBINATION BENCH & DEADLIFT**

Athletes will compete in Bench Press and Deadlift events based on their age divisions and be scored on best attempt lift weight.

For the combination event, athletes will compete against all competitors and be scored based on Wilks points.