SPECIAL OLYMPICS NEW YORK

The Spartan Showdown

Capital District Powerlifting Super Regional

**Sunday, November 3rd, 2024**

**LOCATION:** **ABC Sports & Fitness**

3 Johnson Rd

Unit 1

Latham, NY 12110

**EVENTS:**  Powerlifting

**REGISTRATION:** **ATTENTION CAPITAL REGION TRAINING CLUBS:**

For Eligibility for this event, an up-to-date roster must be submitted before the registration deadline!

* Delegation (Team) Information Sheet
* Housing Information Sheet (If applicable)
* Athlete and Coaches Registration Forms (include alternates, staff and drivers)

Above forms may be **emailed**, **mailed**, or **faxed** to: **Erik Kromer**

**Fax:** 518-612-4060 **E-Mail:** **ekromer@nyso.org**

 **Friday, October 11th, 2024**

Deadline

Please be sure to register alternates, as additional athletes cannot be added after the registration deadline.

**Please Note: ALL coaches must travel with their medical & consent forms to this event.**

**AREAS/REGIONS:** All regions and areas are invited to participate. Preference is given to Capital District and North Country Region Training Clubs.

**AWARDS:** Medals awarded for Gold, Silver and Bronze; ribbons for 4th -8th- place.

**ALTERNATES:** An athlete or coach can only be replaced by an athlete or coach that has been **pre-registered**.

**ATTIRE:** Athletes must be dressed in matching team attire and adhere to all rules.

**MEALS:** Meals are NOT provided at this event. Concessions should be available. To be confirmed closer to day of event.

**HOUSING:** If your delegation is requesting housing, please contact your Director of Program for your Region. **Hotel information TBD.**

**ATHLETES AND COACHES BEING HOUSED MUST HAVE HOUSING LISTS SUBMITED VIA EMAIL OR FAX NO LATER THAN Friday, August 26th.**

**DIRECTIONS:** Please reach out if directions are needed. Refer to address listed at top of page.

**TOBACCO POLICY:** Special Olympics New York has been designated ***Tobacco Free.*** Smoking and use of other tobacco products (such as snuff and chew) will not be permitted at any Special Olympics training or competition.

# SPECIAL OLYMPICS NEW YORK

CDR Powerlifting Super Regional

11/3/2024

**EVENT SCHEDULE**

*(subject to change)*

**Saturday, November 2nd, 2024**

4:00 - 7:00 pm Hotel check-in and arrival for overnight athletes & coaches

**Dinner on Friday night is on your own**

## Sunday, November 3rd, 2024: Holiday Inn- Latham

6:00 – 8:00 am Breakfast at the hotel – for Regions/Areas being housed

8:00-8:30am Delegation Arrival and Registration

**On-Site Delegation Registration**

Please arrive with the athletes dressed in competition attire.

Athletes should be dressed and prepared to participate in an all-day **outdoor** event.

The following steps will be completed at on-site registration:

* Attendance and Event Entry Confirmation
* Checking of Medical/Consent forms- ALL coaches MUST have medicals with them at all times
* Handouts (coaches, manuals, updated schedules, etc.)

9:00am- 10:00am Weigh Ins, Openers, and Rack Heights

10:30am Coaches Meeting

10:45 am Opening Ceremonies

11:00am Competition Begins (Full Power or Push Pull)

4:00 pm Departure

**Delegation Information Sheet**

2024 CDR Powerlifting Super Regional

*If completing for a region with multiple teams please provide contact information for each team. Each team must have at least one cell phone contact number listed.*

Region/Area:

Training Club Name:

Head Coach of Training Club:

Day of Event Phone #:

Email:

**Opening Ceremonies Participation**

Please name one individual to hold your team sign for Opening Ceremonies:

Please name one Athlete from your club able to participate in the torch exchange, if selected:

Please name one individual able to perform the Athlete Oath, if selected:

Please name any persons capable of singing the National Anthem:

**Out of Region Teams**

Scheduled Arrival and Departure Day & Time: Arrival\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Departure\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Number of hotel rooms needed (Submit housing forms to Erik Kromer): \_\_\_\_\_\_\_\_\_\_\_\_\_