

2024 Super Regional Powerlifting

SATURDAY, April 27TH

United Health Services

941 Front Street

Owego, NY 13827

Schedule of Events

Friday, April 26th:

5:00-7:00 PM: Weigh-ins (for anyone local or driving in on Friday and staying over)

Saturday, April 27th

7:45 AM-8:30 AM: Weigh-ins continue/
Registration

8:45 AM: Coaches Meeting followed by
Opening Ceremonies

9:30 AM: Flight 1 Begins

Event Rules

- All coaches are required to have valid medicals for their athletes.
- Athletes must wear approved P-L singlets with a t-shirt underneath.
- IPF rules will apply.
- Lifts will be done in kilos.

Registration Information

Registrations Due No Later Than:

Wednesday, April 17th

Please Send Registrations To: **Dave Laszewski**

davidlaszewski@yahoo.com

Please Copy

Sean Coakley: scoakley@nyso.org

General Information

- Events offered will include bench press, deadlift, and squat. Awards will be handed out for each event.
- Please include first attempts on the registration form to help create flights ahead of time.
- For weigh-ins, we would like athletes to get their rack height first so we can enter it on their card as they are weighing in. First attempts for lifts can be adjusted at this time as well.
- Lunch will be provided: Pizza, Fruit, Drinks