Special Olympics Iowa Powerlifting Entry Form

Delegation Name (local program)_____ Area (North, East, etc.)_____

Powerlifting Head Coach _____ E-mail Address_____

Cell Phone Number_____ and / or Other Phone Number _____

Total # of Powerlifting Athletes _____ Total # of Coaches/Chaperones/1:1 Staff _____

Athletes may only compete in 2 of the 3 events.

Athlete's Name	Gender	Check if Unified Partner	Date of Birth (MM/DD/YY)	Weight Class	Exact Weight	Event	Maximum Lift	Unified Team Name

Notes:

1. Event abbreviations (BP = Bench Press, DL = Deadlift, SQ = Squat)
2. Please put same team name for both athlete and Unified Partner. Please make team names different for each pair. Each pair must do the same 2 events.
3. Athletes must be at least 14 years of age to compete in Powerlifting

***Please send all registration materials to registrations@soiowa.org or to Special Olympics Iowa, 551 SE Dovetail Road, Grimes, IA 50111.**

Revised 7/11/2023