

POWERLIFTING

All of the information you need to enter Powerlifting competition is in the following pages. Please scroll down to the schedule, then the rules, and the Entry Form.

All Coaches must have a current Class A Volunteer Form on file and must take the Protective Behaviors class available on our website. You must meet these requirements to enter Area Competitions. You may check your status as a Class A Volunteer on the SOOK website in the Volunteer Area.

All teams must have a certified coach in every Sport in which that team competes. You may check your status in the coach area of the SOOK website, Go to coach and then hit the certified coaches list to check your status.



Special Olympics
Oklahoma

2010 Spring Games

Head Coaches' Card

IMPORTANT: PLEASE PRINT & COMPLETE ALL INFORMATION

Coach Home Information

Name _____

Home Mailing Address _____

City _____ Zip _____

Home Phone w/ Area Code _____

Home Email _____

Coach Cell Phone w/ Area Code _____

Team Information

Team Name _____

Team Mailing Address _____

City _____ Zip _____

Team Phone w/ Area Code _____

Team Email _____

Area Name _____

POWERLIFTING SCHEDULE

BOOMER SOONER

Date: April 25, 2010
Registration: 12:30 pm
Location: Transformation Fitness
14701 N. Kelly
Edmond, OK

Entries to: Meg Corn
6312 N Drexel
405/514-1155 – Cell

Deadline: April 1, 2010

FUN COUNTRY

Date: April 14, 2010
Registration: 9:00 am
Location: Pauls Valley
Thompson Field
Pauls Valley, OK

Entries to: Woody Bearden
PO Box 780
Pauls Valley, OK 73075

405/238-5569 – C

Deadline: March 31, 2010

CHEROKEE COUNTRY

Date: March 27, 2010
Registration: 9:00 am
Location: Wagoner High School
300 Bulldog Circle
Wagoner, OK

Entries to Janet Stowers
Event Director 27479 E 705 Rd
Wagoner, Ok 74467
918/485-8948 - H

Deadline: March 23, 2010

GREEN COUNTRY

Date: March 24, 2010
Registration: 8:00
Location: Catoosa High School
2000 S Cherokee
Catoosa, OK

Entries to Harlan Guthrie
Event Director PO Box 35013
Tulsa, OK 74137

918/293-9346 – Harlan

Deadline: March 17, 2010

POWERLIFTING ENTRY FORM

Check Spring Games Packet for competitions & deadlines

Athlete's Name _____ Sex _____ Date of Birth _____

Team _____ Area _____

Head Coach Name _____

Coach Phone (Day) _____ (Night) _____

E-mail Address _____

Certified Powerlifting Coach Name _____

**ATHLETES WILL COMPETE IN THE FOLLOWING WEIGHT CLASSIFICATIONS.
WEIGHT WILL BE VERIFIED DURING WEIGH-IN.**

MALE

114.5 lbs. – 123.5 lbs. - 132.25 lbs. - 148.75 lbs.

165.5 lbs. - 181.75 lbs. - 198.5 lbs. - 220.5 lbs

242 lbs. - 275 lbs. - Super Heavy 275.75+ lbs.

FEMALE

97 lbs. - 105.75 lbs. - 114. 25 lbs. - 132.5 lbs.

148.5 lbs. - 165.5 lbs. - 181.75 lbs. - 198.5 lbs.

Heavyweight 198.5+ lbs.

EVENTS

Check 1 Event ONLY

BENCH PRESS

DEADLIFT

SQUAT

COMBINATION A - Bench & Deadlift

COMBINATION B - Bench - Deadlift - Squat

PRELIMINARY LIFT WEIGHT

Bench Press _____ Deadlift _____ Squat _____

Combo A _____ Combo B _____

INCLUDE A COPY OF EACH ATHLETE'S MED/RELEASE FORM WITH THIS ENTRY