



Special Olympics
Missouri



2024 KC/ NORTH AREA POWERLIFTING "Border Battle against SOKS"

GENERAL INFORMATION

Saturday, April 20

Strong Bar Bell Club
4209 Merriam Drive Shawnee Mission, KS 66203

8:00am = Weigh-In
9:00am = Rules Meeting
9:15am = Warm-Up
10:00am = Lifting Begins

DATES TO REMEMBER

- **Entries & Physicals DUE on March 28**
 - North Area Teams, please send rosters to Mitch Curran: curran@somo.org
 - KC Area Teams, please send rosters to Meg Ward: ward@somo.org
- Summer State Games, May 31 - June 2 in Columbia, MO

COMPETITION OFFERED

- Bench Press
- Deadlift
- Squats
- Bench Press/ Deadlift Combination 2*
- Bench Press/ Deadlift/ Squats Combination 3*

Can only compete in one combination!

COMPETITION NOTES

- Please note: In 2023, SOMO rules have been revised, lowering the starting eligible age for athletes participating in Powerlifting to 14 years old (formerly, the age requirement was 16 years old).
- On entry forms, please do the following:
 - Enter the athlete's weight in metric form (kilograms).
 - For qualifying lifts, enter weights in BOTH pounds and kilograms. (One kilogram equals 2.2 pounds.) We will return any forms that are not completed this way.

Additional SOI Rules can be found at this link:

https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Powerlifting-Rules-2020-v2.pdf?_ga=2.235711559.79616945.1604422118-1556684118.1604422118

DIRECT ALL QUESTIONS / ENTRIES TO:

Mitch Curran (North Teams)
Email: curran@somo.org
Phone: 816-233-6232

Meg Ward (Kansas City Teams)
E-mail: ward@somo.org
Phone: 816-535-9610

2024 KC METRO AREA/ NORTH AREA POWERLIFTING INFORMATION SHEET

Agency & Number	
Head Coach's Name	
Mailing Address	
Day Phone	Evening Phone
Fax	Email

Please answer the following:

1. Does your team plan to compete at the State level? Yes No

2. How many lunches does your team need? _____

3. Do you have anyone that needs the following trainings:
 SOMO Powerlifting Yes: number of coaches _____ No

4. Please list all approved Coaches/ Chaperones. *Note: everyone on this list must be a Class A volunteer!
 - 1) _____
 - 2) _____
 - 3) _____
 - 4) _____
 - 5) _____
 - 6) _____
 - 7) _____
 - 8) _____

**ALL ENTRIES & PHYSICAL RENEWALS ARE DUE MARCH 18. Submit
Information Sheet with Roster**

POWERLIFTING ENTRY FORM

Agency Name/Code: _____ Area (KC,STL,SW,C,SE,N): _____
 Head Coach Name: _____ Phone: _____ Email: _____
 Assistant Coach Name: _____ Phone: _____ Email: _____

Athlete's Name	Birth Date	Sex (M or F)	Down's Syndrome (Y or N)	Weight (in Kg)	Events				
					Bench Press	Dead Lift	Squat	Combo (BP & DL)	Combo (BP, DL, & S)
1.									
2.									
3.									
4.									
5.									
6.									
7.									
8.									
9.									
10.									
11.									