



**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](mailto:curran@somo.org)
  - KC Area Teams, please send rosters to Meg Ward: [ward@somo.org](mailto: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.
- TACO-ish Food Truck will be serving meals for purchase from 11:00-1:00pm.

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](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](mailto:curran@somo.org)  
Phone: 816-233-6232

Meg Ward (Kansas City Teams)  
E-mail: [ward@somo.org](mailto: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. Do you have anyone that needs the following trainings:  
SOMO Powerlifting     Yes: number of coaches \_\_\_\_\_     No
3. 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.									