

Special Olympics Hawaii Powerlifting Registration

DELEGATION NAME: _____ DELEGATION CONTACT NAME: _____

DAYTIME PHONE: _____ E-MAIL: _____

KEY: WC: Wheelchair athlete

Veg: Vegetarian

	Name		WC	Veg	Individual Event(s)	Event Training Score	Combination Event	Combination Training Score	Current Body Weight
	Last	First							
1					Squat		Combo #2		
					Bench Press		Combo #3		
					Dead Lift				
2					Squat		Combo #2		
					Bench Press		Combo #3		
					Dead Lift				
3					Squat		Combo #2		
					Bench Press		Combo #3		
					Dead Lift				
4					Squat		Combo #2		
					Bench Press		Combo #3		
					Dead Lift				
5					Squat		Combo #2		
					Bench Press		Combo #3		
					Dead Lift				
6					Squat		Combo #2		
					Bench Press		Combo #3		
					Dead Lift				
7					Squat		Combo #2		
					Bench Press		Combo #3		
					Dead Lift				

Athletes must be 14 years old and can enter up to 4 events. (3 individual events and 1 combination event). Athletes entered in Deadlift and Bench Press shall enter Combo #2. Athletes entered in Squat, Bench Press, and Deadlift should enter Combo #3. Scores for the Combos are the sum of all lifts.

Athletes that compete in Powerlifting can only participate in Team Softball, all other events occur at the same time.

Athletes that have a positive Atlanto-Axial diagnosis may only compete in the Bench Press, Dead Lift and the Combo #2. Squat is not allowed unless guardian has waived permission.

Place an X in the box if the answer is Yes for that individual. Put a V in the Veg. column for a Vegan vegetarian.