



**Powerlifting  
Order of Events**

Dimond High School Auxiliary Gym

**Saturday, June 6**

7:45 a.m.	All lifters/coaches meeting DHS Auxiliary Gym
8 a.m.	Weigh-ins & Warm Up in Weight Room
8:15 a.m.	Coaches Meeting in Weight Room
9 a.m.	Powerlifting Competition Squat Bench Deadlift
11 a.m.-1 p.m.	Lunch Available in DHS Auxiliary Gym
5:00 p.m.	Approximate finish including Awards

\*All lifters should eat lunch and go through Healthy Athletes during downtime.

**Special Olympics Alaska**

3200 Mountain View Dr, Anchorage, AK 99501, USA **Tel** +907-222-7625 **Fax** +907-222-6200

[www.specialolympicsalaska.org](http://www.specialolympicsalaska.org) | **Email** [info@specialolympicsalaska.org](mailto:info@specialolympicsalaska.org) | **Instagram** specialolymak | **Facebook** SpecialOlymAK

*Created by the Joseph P. Kennedy Jr. Foundation for the benefit of persons with intellectual disabilities*