

Special Olympics AZ Regional Powerlifting Meet

March 29, 2025

Location

WADE Strength Systems
23439 N. 35th Drive Glendale, AZ 85310

This competition is open to all Special Olympic Athletes.

Please see the following resources to learn more about the rules and requirements

Special Olympics
Arizona



[Special Olympics Powerlifting Rules 2024](#)

[Powerlifting Coaching Guide](#)

[**VOLUNTEER HERE**](#)

March 29, 2025

Check Ins/ Weigh-ins: 10:00am - 11:30am

Lifter Rules Meeting - 11:30am

Lifting begins: 12:00pm

Lifting Concludes 3:00pm

WEIGHT CLASSES

Men

- 53.0kg (this class only applies to sub-junior and junior lifters Ages 14-23)
- 59.0kg
- 66.0kg
- 74.0kg
- 83.0kg
- 93.0kg
- 105.0kg
- 120.0kg
- 120.01kg +

Women

- Up to 43.0kg (this class only applies to sub-junior and junior lifters)
 - 47.0kg
 - 52.0kg
 - 57.kg
 - 63.0kg
 - 69.0 kg
 - 76.0 kg
 - 84.0kg
 - 84.0kg +
-

ATHLETE CHECK-IN REQUIREMENTS AND PROCEDURES

Head to the **Weigh In Sign** and have these items ready to provide to the official.

WEIGH INS

You must weigh in with your approved briefs or **shorts and a tshirt**. (New rule effective in 2025)

WEIGHT CHANGES

If you need to make a change to your nominated weight class please let us know ASAP. For weight class changes email; wadestrengthsystems@gmail.com

OPENING ATTEMPT SELECTION

We will need your opening attempts in kilos. Your Head of Delegation will provide the opening attempts to us.

[Print out the Kilo Conversion Chart](#)

RACK HEIGHTS

Rack / Safety Height for Bench will be needed. A station will be set up with a Referee/Volunteer to help you get your rack heights.

EQUIPMENT CHECK - *At local and state level meets the athlete may use equipment that meets the specifications listed in the rule book. It does not need to be an IPF approved brand.*

Please Review the IPF Technical Rulebook below for the Rules and specifications for equipment list.

[IPF APPROVED LIST](#) **[IPF TECHNICAL RULES](#)**- for reference

AWARDS

1st, 2nd and 3rd place awards will be handed out for each weight class and division.

Awards will be handed out immediately following the last flight in your session

Directed by:

Rodney & Miryam Elm with: WADE Strength Systems

Additional Questions, please contact us at the following:

WADE Strength Systems

Phone: 623-800-0444

Email: wadestrengthsystems@gmail.com

- Website: <https://www.wadestrengthsystems.com/>
- FB <https://www.facebook.com/WADEstrengthsystems>
- Instagram <https://www.instagram.com/wadestrengthsystems/>
- #wadestrengthsystems #wsspoverlifting #specialolympicsAZ

Powerlifting America

- Website <https://powerlifting-america.com/>

- FB page - <https://www.facebook.com/powerliftingamerica>
- Join the FB Group <https://www.facebook.com/groups/powerliftingamerica>
- Instagram https://www.instagram.com/powerlifting_america/ #powerlifting-america

Thank you,

Rodney & Miryam Elm
WADE Strength Systems