



2019 State Spring Games

Powerlifting

Location: JBLM (Carey Theater)

Date: June 1st

Time: Saturday, 8:00am – 4:00pm

Participation: 8 Teams / 72 Athletes / 10 Coaches /
30 Volunteers



Competition Overview:

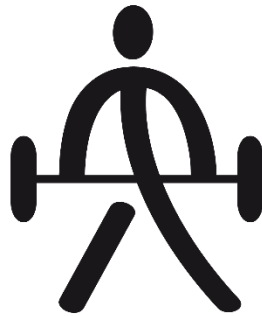
Special Olympics powerlifters are eligible to compete in three lifts: the bench press, the deadlift and the squat, or in combinations of these events.

As in all Special Olympics sports, athletes are grouped in competitive divisions according to ability level, age and gender.

Sport Overview:

In Special Olympics Powerlifting is much more than deadlift, squat or bench press. It is effort, persistence and loyalty. Training, determination and attitude, are the key facts that define the balance between a successful or a failed attempt. The bar may test an athlete's physical abilities, but an internal desire to improve — to not settle for less — is the drive behind the strain and dedication of the sport.

Powerlifting was introduced to Special Olympics in 1983. The 2003 Special Olympics World Summer Games powerlifting event had a total of 129 competitors representing more than 20 programs in the squat, bench press, deadlift and combination events.



Events offered for Powerlifting:

- **Bench Press**
- **Deadlift**
- **Squat**
- **Combination 1 (bench press & deadlift)**
- **Combination 2 (bench press & deadlift & squat)**

Learn more about **Special Olympics Powerlifting** by reviewing the [Rules](#)

Learn more about the **2019 State Spring Games** by going to the
[2019 State Spring Games Webpage](#)