Special Olympics Oregon

Winter Sports Competition Entry Information
Powerlifting

Head coach name			
Daytime or cell phone	□ Daytime	□ Cell phone	
E-mail address(es)			

Assistant Coaches/Chaperone Roster

Please be sure to include enough assistant coaches and/or chaperones to meet the requirement of 1 coach/chaperone for every 4 athletes. Please indicate anyone serving as a 1:1 chaperone by putting an "x" in the "1:1 chaperone" column and include the name of the athlete that the volunteer is a 1:1 chaperone for.

Name	1:1 chaperone

Competition Entry Reminders

- Please review the current year's Special Olympics Oregon Powerlifting Rules and Guidelines for the complete list of rules and guidelines for the powerlifting season.
- Please be sure that each athlete listed on the roster has a current medical form on file that is valid through the end of the season.
- Please include all special notes about an athlete (i.e., blind, deaf, wheelchair, etc) in the "Notes" column.
- Please indicate any athlete that needs 1:1 supervision by putting an "x" in the "1:1" column with the name of the volunteer who is serving as the athlete's 1:1 chaperone.
- Please make additional copies of this form as needed to register all of your athletes.
- Enter each athlete into the event he/she will be competing in using the following codes:
  S = Squat
  B = Bench Press
  D = Dead Lift
  You must provide the athlete's opening lift for each event he/she is registered in.
- NOTE: If an athlete is registered to compete in the Bench Press event and the Dead Lift event, he/she will be registered in the Combination #2 event. If an athlete is registered to compete in the Bench Press event, the Dead Lift event and the Squat event, he/she will be registered in the Combination #3 event.

Athlete Roster

Name	Notes	Body weight	Needs 1:1	Event 1		Event 2		Event 3	
				Code	Opening lift	Code	Opening lift	Code	Opening lift