



Orillia Sports Medicine and Rehabilitation presents...

## Special Olympics Push/Pull Powerlifting Meet

Date: Sunday, March 15, 2026

Time: Weigh in 9am, lifting 10am to 1pm  
(subject to change depending on number of athletes)

Lifts: Bench Press and Deadlift

No registration fee

This event will be a qualifying event for Regionals

No lunch will be provided

Equipment required: sock length must be just below the knee for deadlift

Please register your athletes at the Google Link provided below.

Registration Link:

[https://docs.google.com/spreadsheets/d/1AsEBZh6hlRSmm\\_JzfSyrayp4c7qZaMg-HfCiVc\\_koJSs/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1AsEBZh6hlRSmm_JzfSyrayp4c7qZaMg-HfCiVc_koJSs/edit?usp=sharing)

*Please reach out to Alex Marshall if you have any questions about the event:*

[dralexmarshall@gmail.com](mailto:dralexmarshall@gmail.com)