



Sponsors: Special Olympics Ontario London

**INVITATIONAL
3-LIFT
POWERLIFTING COMPETITION
SATURDAY, MAY 30th, 2026
8:00 – 5:00**

**Ontario Police College
10716 Hacienda Rd, Aylmer, ON (Malahide Township)
Squat. Bench Press & Deadlift
COST: \$25.00 per athlete
Attach cheque with registration form:**

**DEADLINE FOR REGISTRATION:
May 10th, 2026**

Weigh in & Equipment check from 8:00 – 8:30
Lunch will be provided at the venue for all athletes & coaches
Please note any special dietary requests.

QUESTIONS?
Phone Rick Walker 519-860-7236
<mailto:rickwalker@rogers.com>



**S.O.O. POWERLIFTING INVITATIONAL
COMPETITION
SATURDAY, MAY 30, 2026
ATHLETE REGISTRATION**



COMMUNITY NAME _____

CONTACT NAME _____ **email address:** _____.

EMERGENCY PHONE NUMBER IN CASE OF CANCELLATION ETC

	ATHLETE NAME	ATHLETE WEIGHT (KGS)	O.S.O. REG #	2-lift or 3-lift	MALE/ FEMALE
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
	COACHES		O.S.O. REG#		
1					
2					
3					

***ANY athlete without proper SOO registration number cannot and will not be allowed to participate.**

Please forward this amount with this form. Thank you.

DEADLINE IS May 10th, 2026
PAYMENT TO:
Special Olympics Ontario London
P.O. Box 918 Stn B
London, Ontario, N6A 4Z3

Ontario Police College

The Ontario Police College (OPC) is located at 10716 Hacienda Rd, in Malahide Township (suburb of the town of Aylmer). Once you have entered the OPC grounds, there is a parking lot on the right side. Participants and visitors will report to the front desk for admission.

