



2026 Ottawa Powerlifting Invitational

"LET ME WIN, BUT IF I CANNOT WIN, LET ME BE BRAVE IN THE ATTEMPT"

Location: The Alfred Taylor Recreation Centre

Google Maps: ([2300 Community Way, North Gower, Ont. K0A 2T0](#))

Date: June 6th 2026

Equipment check/Weigh-ins: 8:30am - 9:30am

Opening Remarks: 9:30am

Bench Press: 10:00am - 12:30pm

Lunch: 12:30pm - 1:15pm

Deadlift: 1:30pm - 4:00pm

Awards and closing: 4:30pm

Maximum Participants: 40 (Please register by June 1st)

Entry Fee is \$40 per athlete / Coaches and volunteers attend at no charge

We ask that additional spectators register with a \$10 donation to the program

To register, please complete the [registration form](#) and send to powerlifting@specialolympicsottawa.com.

Rules will be as per Special Olympics Canada which can be found here:

<https://www1.specialolympicsontario.com/resources/sports-2/powerlifting/>

As is an invitational, we will allow athletes who do not have singlets to compete, however they must meet all other equipment requirements.