



Special Olympics **CONFERENCEING:** **POWERLIFTING 2023**



**Conferences are aligned to provide balanced competition.
Conference distribution considers participation numbers and geography.**

POWERLIFTING offers 3 conferences across the province allowing for balanced competition for athletes of all abilities.

Bench Press:

- Kapuskasing
- North Bay
- Ottawa
- Sudbury
- Timmins



Deadlift:

- Brantford
- LaSalle-Windsor
- London
- Sarnia
- St. Thomas

Squat:

- Burlington
- Guelph-Wellington
- Kitchener-Waterloo
- Northumberland
- St. Catharines
- Toronto



IMPORTANT DATES	IS AGE JUST A NUMBER?	ANY OTHER QUESTIONS?
<p>Provincial Qualifiers – 2023</p> <p>Provincial Spring Games – 2024 (Waterloo, Ontario)</p> <p>National Summer Games – 2026 (Medicine Hat, Alberta)</p> <p>World Summer Games – 2027 (Perth, Australia)</p>	<p>Athletes must be 16 years or older to participate in Powerlifting.</p> 	<p>info.specialolympicsontario.ca</p> <p>powerlifting@specialolympicsontario.ca</p> 

**An evenly-matched competition makes athletes and teams try harder – and push farther.
It’s about athletes rising to a challenge – and giving it their all!
All they need to do ... is THEIR very best.**