

2010 Area 7 Powerlifting Competition

Area 7 Counties (Brevard, Lake, Orange, Osceola, Seminole)

Date: September 25, 2010

Time: 2:30pm to 6:00pm

Place: Gold's Gym
130 E. Altamonte Drive
Altamonte Springs, Florida 32714

Events Offered: Bench Press, Combo 2, Combo 3

*Please send information for divisioning by September 4, 2010.
Include: athlete name, weight class, DOB, events and scores from County competition*

Event Information

Tentative Competition Schedule:

- 2:30 pm to 3:00 pm Athlete & Volunteer Check in, Weigh In
- 3:00 pm to 3:30 pm Stretching & Opening Ceremonies
- 3:30 pm to 5:30 pm Competition
- 5:30 pm to 6:00 pm Awards & Dinner

Things to know:

- Please be on time! We have to make sure to keep on schedule and keep the competition moving quickly.
- Food will be provided for athletes, coaches & volunteers.
- Spectators can purchase food at the event.
- Water will be provided for everyone.
- Remember to bring a Power Lifting belt if you use one.
- Bring a camera & a BIG smile!

Questions/Contact:

For any questions please feel free to contact us at any time.

Mindy Solivan, 321-276-6463, Mindy@SpecialOlympicsSeminoleCounty.org