2011 Area 7 Powerlifting Competition

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

Date: September 17, 2011

Time: 1:30pm to 5:00pm

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 10, 2011.
Include: athlete name, weight class, DOB, events and scores from County competition

Event Information

Tentative Competition Schedule:

- 1:30 pm to 2:00 pm Athlete & Volunteer Check in, Weigh In
- 2:00 pm to 2:30 pm Stretching & Opening Ceremonies
- 2:30 pm to 4:30 pm Competition
- 4:30 pm to 5:00 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