

2025 Super Regional Powerlifting

SATURDAY, April 19TH

The Strength Warehouse

303 Pulaski Street

Syracuse, NY 13204

Schedule of Events

Saturday, April 19th

6:00 AM-8:30 AM: Weigh-ins/ Equipment
Check

8:45 AM: Coaches Meeting followed by
Opening Ceremonies

9:30 AM: Flight 1 Begins

Event Rules

- All coaches are required to have valid medicals for their athletes.
- Athletes must wear approved Powerlifting singlets with a T-shirt underneath.
- SO Powerlifting rules will apply.
- Lifts will be done in kilos.

Registration Information

Registrations Due No Later Than:

Wednesday, April 17th

Please Send Registrations To:

Zach Murphy

zm381547@gmail.com

Please Copy Sean Coakley:

scoakley@nyso.org

General Information

- Events offered will include bench press, deadlift, and squat. Awards will be handed out for each event.
- Please include first attempts on the registration form to help create flights ahead of time.
- For weigh-ins, we would like athletes to get their rack height first so we can enter it on their card as they are weighing in. First attempts for lifts can be adjusted at this time as well.
- Lunch will be provided.