

POWERLIFTING SCHEDULE

FRIDAY, JUNE 13, 2025

SATURDAY, JUNE 14, 2025

No Powerlifting Competition today!

Please join us for the following activities and to cheer on your fellow athletes competing.

10:00am
3:00pm *Healthy Athletes & Olympic Village*

4:00pm **OPENING CEREMONY**
3:30pm *Staging for Parade Begins*

5:30pm
8:00pm **FAMILY BBQ & ACTIVITIES**

8:20am

Coaches Meeting

8:45am

Bench Press Competition

11:30am

Awards

12:00pm

Break
Lunch & Healthy Athletes

1:00pm

Deadlift Competition

3:45pm

Awards

**Special
Olympics**
Delaware

