

## Tennessee Senior Olympics Powerlifting Procedures including Awards

There are 3 events within the sport of Powerlifting:

- Full Power (which consists of Squat, Bench Press, and Deadlift)
- Push/Pull (which consists of Bench Press and Deadlift)
- Bench Press Only

The flow of competition will be in the following order:

1. Squat
2. Bench Press
3. Deadlift

"Bench Only athletes" and "Push/Pull athletes" will just jump into the Full Power cycle when their lifts are going on. When you start with squat, you will only have Full Power athletes competing since that is the only event that includes Squat as one of the required lifts. Once everyone has finished squat, the entire group moves on to bench press, so you will now be adding Push/Pull athletes *and* Bench Press Only athletes into the mix. Once everyone has completed bench press, the entire group moves on to deadlift, and those Bench Press Only athletes will no longer be in the mix since they have already completed their required lift.

Note: For both Bench Press and Deadlift, there might be athletes in the same flight who are competing in different events – For example, a Full Power athlete completing their 2nd and 3rd of 3 lifts, and Push/Pull athletes completing their 1st and 2nd of 2 lifts. For Bench Press specifically, there might be Bench Press Only athletes completing their 1-of-1 lift.

Everyone who is competing in the squat competition will perform that lift 3 times within the flight they are assigned to, and the TSO will run through all of the Squat flights consecutively. Once squat is complete, we will not go back to squat for the rest of the competition, and everyone will move on together to the bench press competition. Once that lift is complete, everyone will move on together to the final competition (Deadlift). Athletes are put into flights based on their weight class, and will compete in order of weight class - lowest (first) to highest (last).

As for awards, **athletes can only enter one event, therefore they can only medal in one event.** They cannot use their bench press attempt from a Full Power entry to also medal in the Bench Press Only category.