

SPECIAL OLYMPICS MARYLAND

2023 IUS Strength & Conditioning State Invitational Fact Sheet



Date: February 21st, 2023

Rain Date: February 23rd, 2023

Location: Worcester Parks & Recreation Center
6030 Public Landing Rd,
Snow Hill, MD 21863

Tentative Schedule:

7:00 a.m.	Management Team & Staff Arrive
8:45 a.m.	Volunteer Registration
9:00 a.m.	Schools Arrive & Check-In
9:15 a.m.	Stations Available for Warm-Up (Except Powerlifting)
9:45 a.m.	Coaches Meeting
10:00 a.m.	Opening Ceremony
10:30 a.m.	Competition Begins
11:00 a.m.	Lunch Begins
4:00 p.m.	Awards Ceremonies*
5:00 p.m.	Event Clean-Up & Conclusion

*Awards beginning time is tentative and subject to change based off of the speed at which competition proceeds.

Participants: Approximately 200 Student-Athletes, 30 Coaches, & 50 Volunteers
(Subject to change due to registration)

Events: Bench Press, Deadlift, Flexed Arm Hang, Indoor Cycling, Jump Rope, PT Series, Shuttle Run, Standing Long Jump, Race Walk Relay.

Schools Participating: Calvert, Caroline, Dorchester, Kent, Queen Anne's, Somerset, Talbot, Wicomico.

General Information: Volunteer Information (Email): volunteers@somd.org
General Information (Website/Phone): www.somd.org / 410.242.1515

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