



4–6 September 2026 in Malmö

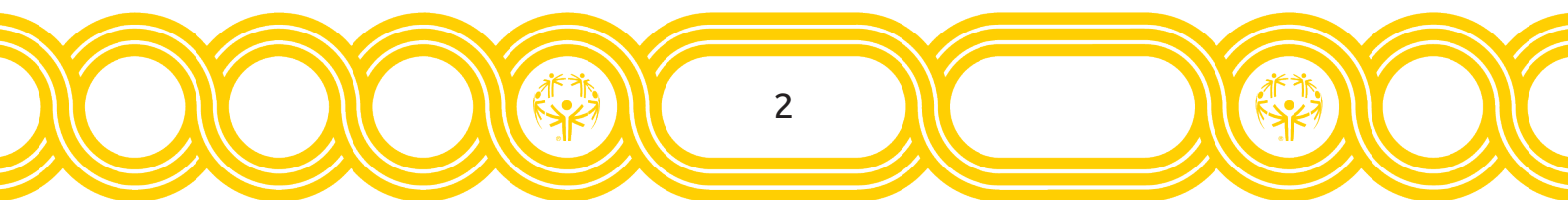
Competition Guide: **Powerlifting**



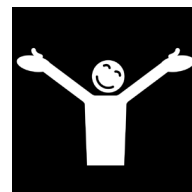
**SPECIAL
OLYMPICS
SWEDEN**
INVITATIONAL
GAMES 2026

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Welcome to SOSIG!



We are so happy that you will participate.

Here you will meet new friends, experience exciting competitions and feel the joy of competing together with others.

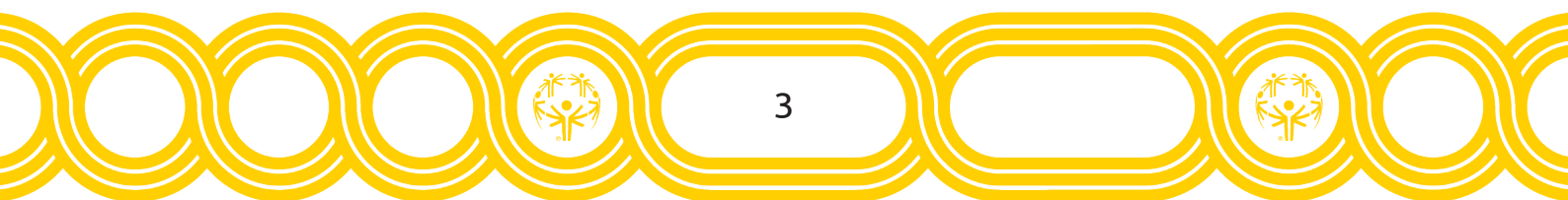
There will be athletes from Sweden and 25 other countries who will be competing in Malmö!

The most important thing to remember is to:

- **Have fun**
- **Do your best**
- **Be part of the community with all the athletes and leaders**

We at Special Olympics Sweden really look forward to meeting you!

Best regards,
Special Olympics Sverige



Competition Information

Powerlifting Sport Organizers:

- Malmö Lyftarklubb
- the Swedish Powerlifting Federation

Contact Details

anett.langva@styrkelyft.se
+46 760 25 71 35



Competition Venue:

Kombihallen, Stadionområdet
Address: Eric Persson väg 1



Changing Rooms:

There are changing rooms on site.



Information session for coaches

A digital information meeting will be held in August.
The meeting will be in English.
The invitation and meeting link will be emailed.



Other important information

You may bring one person with you to the weigh-in.

The person accompanying you at the weigh-in must be the same gender as you.



Before the Competition

What to bring:

- Singlet (or shorts and t-shirt).
- Long socks are required for deadlift
- T-shirt
- Shoes
- Tracksuit for the medal ceremony
- Towel
- Water bottle

Optional:

- Wrist wraps, knee sleeves, and belt.

Registration

When you arrive at the competition venue, you must register your attendance.

Equipment check starts 30 minutes before the weigh-in.

Your place in the weigh-in queue is decided by a lottery number.

Weigh-in starts 2 hours before the competition.

Check-in: Checking in means telling the sport organizers that you are there and ready to compete.

What happens after check-in?

After the weigh-in, you start preparing together with your coach.

You warm up in the warm-up room.

Be respectful and take turns using the equipment so everyone has time to warm up.



During the competition

Divisioning

Participants are divided into groups based on gender, weight class and which exercises they compete in.

You can compete in:

- Bench press only
- Bench press and deadlift
- Classic powerlifting (squat, bench press and deadlift)

Group allocations will be published on the event website and will also be posted at the venue on competition day.

The lifting order is determined by the opening attempts submitted at weigh-in and is made public immediately after weigh-in has concluded. Start lists are then printed and posted in the warm-up area.



How a competition works:

When the competition starts, you go to the competition area with your coach. There are chairs where you can rest between your lifts.

When your name is called, you go to the platform to perform your lift.

The competition has three disciplines: squat, bench press, and deadlift.

You have 3 attempts in each disciplines. Not all athletes compete in all disciplines.

You compete together with your competition group. Everyone in the group performs the same disciplines. When all athletes have finished their lifts, the group moves on to the next disciplines.

There is a break between the different disciplines.



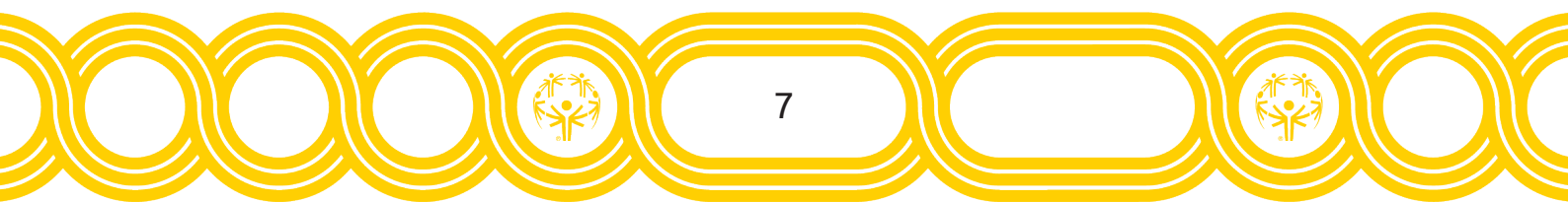
Award Ceremony

The award ceremony will take place after the competition on Saturday.

Medals will be given to 1st, 2nd, and 3rd place in each weight class.

All participants will receive a participation plaque.

You must wear a tracksuit during the prize ceremony.



Packing List

Here are tips on things to pack and bring to Malmö and the competitions.

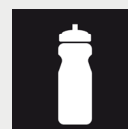
Sports clothing

clothes you play in



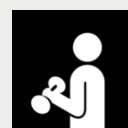
Water bottle

Marked with you name



Sports equipment

Wrist wraps, knee pads and belt



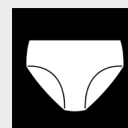
Non-competition clothes

Clothes for when you are not competing



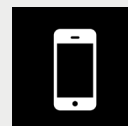
Underwear and socks

Underwear and socks that lasts your whole stay



Phone

Don't forget the charger



Rain wear

If it rains during the opening ceremony for example



Toiletry bag

Examples of items for your toiletry bag: deodorant, soap, shampoo, conditioner, toothbrush, toothpaste)



Medicine

If you are taking medicine, it's important to bring it yourself



Speci-Lo

Speci-Lo is Special Olympics Sweden's mascot.

She is a brave lynx who loves sports almost as much as she loves giving hugs.

Speci-Lo will be at SOSIG and is the athletes' very best friend.

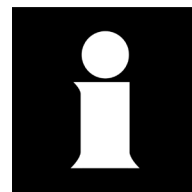
She cheers and encourages and helps the athletes bring out their inner lynx, just as a good friend should.



General Questions

If you have any questions you can e-mail us.

E-mail address: info@specialolympics.se



Website

At <https://www.sogames2026.se/> you find all the information about:

- Competition
- Event
- Surrounding Activities



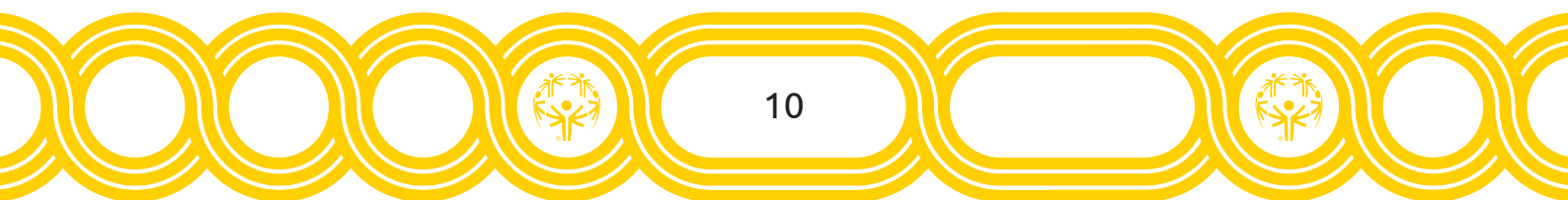
There is always the latest information with updated times.

See you in Malmö!

We are very much looking forward to meeting you at
Special Olympics Sweden Invitational Games.

We wish you a great good luck!

Best regards,
Special Olympics Sverige





SPECIAL OLYMPICS SWEDEN

INVITATIONAL GAMES 2026

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