

# ALABAMA SENIOR OLYMPICS

## POWERLIFTING



### APRIL 25, 2026

CROSSFIT SHADES

2301 OLD COLUMBIANA RD,  
BIRMINGHAM, AL 35216

#### EVENTS:

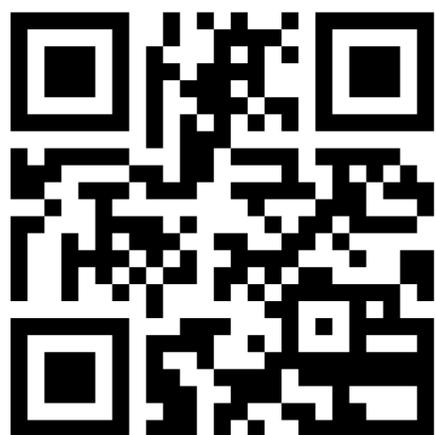
SQUAT  
BENCH PRESS  
DEADLIFT



THIS EVENT IS OPEN TO **ADULTS AGE 50+** (AS OF DECEMBER 31, 2026).

**REGISTRATION OPENS:** AL RESIDENTS ON JAN. 5, 2026 AND NON-RESIDENTS ON JAN. 19, 2026.

**REGISTRATION CLOSES:** MARCH 14, 2026. NO ON-SITE OR LATE REGISTRATION WILL BE ACCEPTED.



**SCAN QR CODE OR VISIT  
ALSENIOROLYMPICS.ORG**



THE 2026 ALABAMA SENIOR OLYMPICS ARE A QUALIFIER FOR THE 2027 NATIONAL SENIOR GAMES IN TULSA, OK.

