#UnbeatableTogether

Venue Guide
Messe Berlin | 5.2a

Powerlifting

WWW.BERLIN2023.ORG/EN
Welcome to the Special Olympics World Games Berlin 2023!

This guide will give you all the information you need for your visit to the Special Olympics World Games Berlin 2023. Including how to get there, our services, and information about our venues.

We invite you to join us as we work towards a more inclusive future. From cheering on our athletes in the stands, to learning and broadening your horizons at our festival and cultural program. At the end of your visit, you will not only have watched our athletes in action, but you will also have become an active part of a movement.

This is not just an event to attend, but an event to join. Be part of the inclusion revolution!
Messe Berlin
Venue for Powerlifting | 5.2a

Address to Messe Berlin
Jafféstraße
14055 Berlin
District Berlin-Charlottenburg

Find it on Google Maps.

Find more information on transport here.

- The powerlifting competitions are ticketed
- “Fans in the Stands” groups can visit the powerlifting competitions
Spectator Venue Guide

Content

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Venue Overview

1. Olympiapark
2. Messe
3. Wannsee
4. City
5. SSE
6. Bowling
7. Grünau
8. Bad Saarow
Why do we Play Sport?

At Special Olympics, a more inclusive world begins with sports, and the impact extends far beyond the playing field. Athletes learn skills like discipline and teamwork, which are directly transferrable to schools, workplaces, healthcare, and communities.

What is Divisioning?

Special Olympics competitions are structured so that athletes compete with other athletes of similar ability in equitable divisions. This practice marks one of the fundamental differences between Special Olympics competitions and those of most other sports organizations.

What is Unified Sports® Experience?

Special Olympics Unified Sports® Experiences are a series of non-official Special Olympics sports exhibition activities that bring together Special Olympics athletes with professional and Olympic sports personalities, dignitaries, celebrities, and fans in fun and competitive sports events.
Sport Specific Information

Powerlifting

- Number of athletes that are participating: 133
- Unified Sport? No

Deadlift, squat, and bench press: these are the three disciplines of Special Olympics powerlifting. For this, athletes need strength, endurance, and determination. The goal is to lift more weights than the opponent.

By the way:
In 1980, the first women’s powerlifting competition was held in Lowell, Massachusetts.

**We have three competitions:**
1. Bench Press
2. Combined Bench Press and Deadlift
3. Combined Squat, Bench Press, and Deadlift
Checklist & Prohibited Items

To ensure your visit to Special Olympics World Games Berlin 2023 is an unforgettable experience, please consider the following points and plan your journey well in advance:

☑ Please remember your ticket & credentials
☑ In the case of a discounted ticket, please have ID proof ready
☑ If you have a mobile ticket, please remember to charge your phone sufficiently beforehand.
☑ Plan your journey in good time and in a sustainable way: public transport (VBB-ticket) is included in all paid tickets
☑ Please bring appropriate clothing for the weather, as not all venues are covered (consider rainwear, sun protection, etc.)
☑ Install the official “Berlin2023” App on your mobile phone to keep up to date with all the latest information

To ensure on-site safety and uninterrupted competition, you are not allowed to take certain items into the venues. Please make sure to observe the following rules:

☒ Weapons of any kind (e.g., pepper spray)
☒ Glass containers or bottles
☒ Water bottles larger than 500ml
☒ Bags and backpacks bigger than 50 x 35 x 20 cm
☒ Alcoholic beverages/drugs
☒ Straight umbrellas (non-collapsible)
☒ Smoking is not permitted at all our venues

On our website, you will find a complete overview of all prohibited and permitted items!
“Berlin 2023” Games App

Download our official Berlin 2023 App to help plan your visit and always have the most up-to-date schedules!

— Customize the app according to your needs: Follow athletes and mark venues & sports as favorites
— Want to know what is going on at the moment? Find all competitions, events, and awards ceremonies at a glance
— Stay up to date with push notifications and announcements, for example when there are changes to the schedule

The App is available in German, English, Easy Language German, and Easy Language English as a free download from the Apple App Store and Google Play Store under the name “Berlin 2023”
## General Competition Schedule

### Event Overview

- **Divisioning**
  - Which athletes have the same abilities? These athletes then compete against each other.

- **Preliminary Competition**
  - The athletes can qualify for the Finals.

- **Finals & Awards Ceremony**

### Sports and Venues

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<tr>
<td>Athletics</td>
<td>Hanns-Braun-Stadion at Olympiapark</td>
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<td>Badminton</td>
<td>Messe Berlin</td>
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<td>Basketball 3x3</td>
<td>Neptunbrunnen</td>
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<td>Basketball 5v5</td>
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<td>Beach Volleyball</td>
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<td>Bocce</td>
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<td>Bowling</td>
<td>Bowling World</td>
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<td>Cycling</td>
<td>Straße des 17. Juni</td>
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<td>Equestrian</td>
<td>Reitclub at Olympiapark</td>
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<td>Field Hockey</td>
<td>Hockeystadion at Olympiapark</td>
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<tr>
<td>Football (7 a side)</td>
<td>Maifeld at Olympiapark</td>
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<tr>
<td>Futsal</td>
<td>August-Bier-Platz at Olympiapark</td>
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<tr>
<td>Golf</td>
<td>Bad Saarow</td>
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# General Competition Schedule

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<th>Sport</th>
<th>Venue</th>
<th>Sunday 18 June</th>
<th>Monday 19 June</th>
<th>Tuesday 20 June</th>
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<tbody>
<tr>
<td>Gymnastics-Artistic</td>
<td>Messe Berlin</td>
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<td>Gymnastics-Rhythmic</td>
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<tr>
<td>Handball</td>
<td>Horst-Korber-Sportzentrum at Olympiapark</td>
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<tr>
<td>Judo</td>
<td>Messe Berlin</td>
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<tr>
<td>Kayaking</td>
<td>Grünau</td>
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<tr>
<td>Open Water Swimming</td>
<td>Grünau</td>
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<tr>
<td>Powerlifting</td>
<td>Messe Berlin</td>
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<tr>
<td>Roller Skating</td>
<td>Eissporthalle Charlottenburg at Olympiapark</td>
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<tr>
<td>Sailing</td>
<td>Wannsee</td>
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<tr>
<td>Swimming</td>
<td>Schwimm- und Sprunghalle at Europasportpark, short: SSE</td>
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<tr>
<td>Table Tennis</td>
<td>Messe Berlin</td>
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<td>Tennis</td>
<td>SC Brandenburg e.V.</td>
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<td>Volleyball</td>
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</tbody>
</table>

### Divisioning
Which athletes have got the same abilities? These athletes then compete against each other.

### Preliminary Competition
The athletes can qualify for the Finals.

### Finals & Awards Ceremony
# Competition Schedule - Powerlifting

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Session</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td><strong>Monday June 19th</strong></td>
<td>12:00 - 16:00</td>
<td>Session 1</td>
<td>Weigh In</td>
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<tr>
<td></td>
<td>16:00 - 17:00</td>
<td>Session 2</td>
<td>Closed to the public</td>
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<td>18:00 - 19:15</td>
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<tr>
<td><strong>Tuesday June 20th</strong></td>
<td>06:00 - 08:30</td>
<td>Session 3</td>
<td>Weigh In</td>
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<td>09:00 - 13:00</td>
<td>Session 4</td>
<td>Final</td>
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<td>12:00 - 16:00</td>
<td>Session 5</td>
<td>Award Ceremonies</td>
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<td>16:00 - 17:00</td>
<td>Session 6</td>
<td>Final</td>
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<tr>
<td><strong>Wednesday June 21st</strong></td>
<td>06:00 - 08:30</td>
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<td>09:00 - 13:00</td>
<td>Session 7</td>
<td>Weigh In</td>
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<td></td>
<td>12:00 - 16:00</td>
<td>Session 8</td>
<td>Final</td>
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<td></td>
<td>16:00 - 17:00</td>
<td>Session 9</td>
<td>Final</td>
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<tr>
<td><strong>Thursday June 22nd</strong></td>
<td>06:00 - 08:30</td>
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<td>09:00 - 13:00</td>
<td>Session 10</td>
<td>Weigh In</td>
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<td>12:00 - 16:00</td>
<td>Session 11</td>
<td>Final</td>
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<tr>
<td></td>
<td>16:00 - 17:00</td>
<td>Session 12</td>
<td>Final</td>
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<td><strong>Friday June 23rd</strong></td>
<td>08:00 - 13:00</td>
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<tr>
<td><strong>Saturday June 24th</strong></td>
<td>08:00 - 13:00</td>
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<td><strong>Sunday June 25th</strong></td>
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On Site Services

Info Point

Closest entrance and Info Point at: Messe Entrance South

The following services are provided:

• Purchasing of Tickets
• Lost and Found
• Storage of Personal Items
• Accessibility Information
• Wheelchair Loan
• Sensory Backpack Loan

We recommend you purchase your tickets in advance via our webshop.

Food & Drinks

There will be catering stands located throughout Messe.

First Aid

The location of the first aid station is marked on the venue map, which you find here.
On Site Services

Water Fountain

We do not have extra drinking fountains at Messe Berlin. Please use the water taps in the restrooms to fill your water bottle (no larger than 500ml). In Germany, it is safe to drink from the tap.

Lost and Found

All found items can be handed in at the Info Point. If you have lost an item, you can fill out a report at the Info Point or online.

Merchandise

There are two Fan Shops at Messe. One is located at the Messe Entrance South and another one at Sommergarten.

Toilets

The location for toilets (including accessible toilets) can be found on the venue map. They are located across Messe.

The Fan Shops are open from the 18th to the 25th of June.
Accessible On-Site Services

Accessibility toilets & Nappy changing rooms

Accessible toilets can be found across Messe.
There is a nappy changing room located at Sommergarten.

Hidden Disabilities Sunflower

We are members of the global Hidden Disabilities Sunflower network, and our staff and volunteers will be prepared to assist Sunflower wearers. The Hidden Disabilities Sunflower helps to discreetly indicate that the wearer has a health condition that is not immediately obvious to others and highlights the potential need for support. For more information or to purchase Sunflower products in advance of the games, visit Hidden Disabilities Sunflower.
Accessible On-Site Services

Wheelchair Seats
Wheelchair seats are located in front of the grandstands and around the field of play. The exact location can be found on the venue map for Powerlifting. Chairs for companions can be provided as needed at the venue.

Walker
Should you require a walker, you are permitted to bring it to the venue. Once you have found your seat, our team can assist to find a safe place to store the walker and return it to you when required.

Assistance Animals
Guide and assistance animals are allowed at Messe Berlin as support for people with disabilities if they are required for medical purposes.
Inclusive Services

- Sensory backpacks will be available for loan at each Info Point. The packs include earplugs, sensory toys, wayfinding maps, and other tools.
- Wheelchairs will be available for loan at the Info Point if required. They can be pre-booked via visit@berlin2023.org.

Quiet and Prayer Room

Being in a crowded and busy environment can be overwhelming. There is a place for you to assist with sensory overload, meditate, pray, or just be by yourself for a minute. Each room is barrier-free and contains some yoga mats, ear defenders, and sensory toys.

You can find the room close to the Info Point at Sommergarten. You can ask at the Info Point for assistance and access to the room.
Transport Information

Special Olympic World Games Berlin 2023 supports the idea of a sustainable society in all spheres of life. It is therefore highly recommended to use sustainable travel methods.

Arrival by public transport (the entire VBB network is included in every paid ticket):

S-Bahn
- “S Messe Sud” with operating lines S3 and S9
- Walking from the station to Messe Entrance South will take approximately 10 minutes. Use Messedamm exit

Subway (U-Bahn)
- “U Theodor-Heuss-Platz” with operating line U2
- Walking from the station to Messe Entrance South will take approximately 30 minutes & to Messe Entrance 21 North 15 minutes

Both stations are fully wheelchair accessible.

Active travel – by bike, e-bike & e-scooter
- Messe Berlin is also easy to reach by bike. Bicycle racks are available free of charge at the venues.
- Another option is to arrive by Bolt e-scooter or e-bike to and discover Berlin at your own pace. Please keep in mind e-scooters can only be used to reach Messe. In the venue itself, using and parking is prohibited.

Did you know:
If you come to the Games with your bike or a Bolt e-scooter or e-bike, you have the chance to win merchandise from the Special Olympics World Games 2023 or one of two Bolt ride credits of 30€ each! To find out how, go to Greener Games!
Transport Information

Please keep in mind road closures and limited parking areas while planning your trip.

Arrival by taxi or carpooling
Recommended drop-off and pick-up location: in front of City Cube Berlin there is an entrance and exit for taxis on the right-hand side.

Arrival by car
The Special Olympics does not provide parking for spectators (please see accessible parking for those with permits). If you are arriving by car, use P1, P2, and P4-P6. They are open to the public but will not be reserved for World Games visitors. The walk across the Messedamm takes about 15 minutes.

Accessible parking
Parking can be found at Hammarskjöldplatz. If you need accessible parking and are a blue badge holder, please contact us at visit@berlin2023.org or +49 (0)30 62933 6084.

Helpful tools along the way

— The app GuideMeGo helps to find your way around the city when you need assistance. Several functions are available including video chat.

— The app VBB Easy is aimed at cognitively impaired people to help them navigate through Berlin and the region. It shows you possible routes, you can save different locations and you receive tips during your journey. You can also request help via the app.
Greener Games

A sustainable world for all is our commitment and we do our best to be as environmentally conscious as possible. Greener Games is our way to work altogether:

— We have water fountains at most of the venues. You can find them on the map. You can simply refill your water bottle (not larger than 500ml) for free.

— Be part of Bolt’s Cycle to the Games promotion. Take a photo of you and your two-wheeler safely parked at the designated parking zone, use the QR code that is visible at all Info Points, and share the photo as an Instagram story & and tag #CycleToTheGames & @bolt.deutschland.

— Get 5 free minutes off your first ride with Bolt now using promo code SOWGBOLT

— We prioritize a vegetarian and vegan menu for our athletes and honored guests and encourage you to also try out meatless options at the food stalls.
Berlin WelcomeCard Special

Get the limited WelcomeCard from visitBerlin for just 9€ and discover the city with their attractive offers!

- Get a **discount of up to 50%** with more than 180 partners, including highlights such as the TV Tower or the DDR Museum
- **Online guide** with all partners, tour recommendations and much more
- **Valid for 72h** from 12 June until 25 June

Get your ticket [here](#)
Special Olympics Festival

The Special Olympics Festival is a unique and inclusive experience for all: colorful stage programs, many participatory offers and sports activities invite all Games' attendees, visitors and Berliners to locations spread throughout the city, bringing sport and culture together. Come along and look forward to a varied program!

We invite you to try out our join-in activities, enjoy great performances, dance in front of the stages and learn more about Special Olympics.

Find more information on our website.
Special Olympics Festival

Festival at Neptunbrunnen

The Special Olympics Festival at Neptunbrunnen brings the World Games to the centre of the city. You are invited to come by and experience a colorful, public and inclusive festival program. Come along and enjoy music and stage performances, try out join-in activities in exhibitor booths and cheer on our athletes in the official 3x3 basketball competitions, which are taking place right next to the festival. Admission is free.

**When:** from 15 to 25 June
Daily from 14:00 to 22:00. Exceptions: On 17, 22 and 25 June, the festival closes already at 19:00

**Where:** Neptunbrunnen, Rathausplatz 1, 10718 Berlin

Find more information on our [website](#).

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Festival at Sommergarten, Messe Berlin

Messe Berlin’s Sommergarten will come alive this Summer! Join us for our outdoor celebration at our largest sport venue. Athletes, delegations and ticket holders can enjoy a stage program, performances, join-in activities at our exhibitor booths, and award ceremonies. Admission only with ticket and accreditation.

**When:** from 18 to 25 June
daily from 11:00-19:00, Exception: on the 25th the festival already closes at 14:00

**Where:** Sommergarten at Messe Berlin, Messedamm 22, 14055 Berlin

Find more information on our [website](#).
Special Olympics Festival

Highlight Events at Brandenburg Gate

A wide-ranging and diverse program awaits you at the Special Olympics Festival Highlight Events at the Brandenburg Gate – Berlin’s most famous landmark, right in the middle of the city. Admission is free!

When:
- Sunday, 18 June: Family sports festival
- Monday, 19 June: Concert Evening as part of the Kultursommer 2023
- Wednesday, 21 June: Fête de la Musique

Where: Brandenburger Tor, Pariser Platz, 10117 Berlin

Find more information on our [website](#).

Cultural Program

The cultural program includes inclusive top cultural offerings from various artists, collectives, and institutions. From theatre plays to guided tours, special museum offers, and musical highlights. Don’t miss out on the best of Berlin’s cultural scene. You can get your ticket information directly from the organisers.

When: 10 to 25 June
Where: various locations around Berlin

Find more information on our [website](#).
Visit The Torch

Do you want the chance to take a photo with our official Olympic Torch?

Be sure to visit our Torch Experience booths at the following venues to see the torch up close and create a memory of your visit!

— Basketball Hall at Messe Berlin (thanks to Coca-Cola)
— Athletics at Hanns-Braun-Stadium at Olympiapark (thanks to Toyota)
— Equestrian at Reitclub am Olympiapark (thanks to Schufa)
FAQ

Where can I find the sports schedule?
The schedule (all subject to change) is available here. We also recommend you download our app.

How do I leave a comment or ask a question?
We love to receive feedback both positive and constructive. To leave a comment or ask a question, you can contact us at visit@berlin2023.org or you can visit one of our Info Points and the team will be happy to listen and assist.

Can I leave and come back? Are there pass outs?
Yes, you can re-enter at all our events. Please make sure to scan before entering and leaving the venue to ensure a safe re-entry process.

How can I be sure if I get free public transport with my ticket?
All paid tickets include free public transport within Berlin zones A, B and C. If you are not sure whether you can use public transport, you can check whether your ticket has the VBB logo on it. The ticket must be personalized with the traveler’s name. Please make sure you have valid identification with you for possible ticket checks on public transportation.

For more information and general question, please see our FAQs on our website.

Did you enjoy your experience?
We would love your feedback. Please scan the QR-Code and tell us how we did!
How to Stay Involved

Become an active part and join as a volunteer. Have a look and see the possibilities for your home region:

Become a Volunteer (specialolympics.org)

Help us to transform a life and give people a chance to receive health and education:

— Donate | Special Olympics
— Spende | Special Olympics Projekte

Thanks for cheering and celebrating our athletes!

We hope you had a great time at the Special Olympics World Games Berlin 2023! Stay tuned for more and be a part of the inclusion revolution via social media:

Instagram
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Photos
Special Olympics Inc.
Special Olympics World Games Berlin 2023 / Anna Spindelndreier, Florian Conrads, Sarah Rauch, Stefan Holtzem, Tilo Wiedensohler

The content of this handbook reflects the planning status at the end of April 2023, subject to change

#UnbeatableTogether

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