POWERLIFTING REGISTRATION INSTRUCTIONS

IMLeagues offers a live support link in the bottom right corner of all pages. Please use this button if you encounter any difficulties. If you continue to have difficulties, please contact the Intramural Sports Office.

To login to IMLeagues.com:

1. Go to https://connect.recserv.uiowa.edu/Login.aspx?soi=IM and sign in using your Hawk ID (User Name) and Password. All students, faculty and staff already have an account.

How to Register for Powerlifting:

1. Register using IMLeagues.com
   a. Log in to your IMLeagues.com account.
   b. Click on the “University of Iowa” link to go to our school’s homepage on IMLeagues.
   c. The current sports will be displayed, click on the sport you wish to join (Powerlifting).
   d. Select the league you want to join (Men’s or Women’s).
   e. Choose the time you would like to lift (6:00 PM or 7:30 PM).
   f. Click Create Team.
      i. Click “Accept” to agree to the online waiver.
      ii. Enter your team name.
      iii. Enter your phone number.

2. Register On-Site
   a. You may also register the day of the event. Participants may register from 5:00-5:45 PM and 6:00-7:15 PM the day of the competition in the First Level Weight Area of the CRWC.
   b. Anyone that wishes to register on-site must do so with a valid UI or state-issued photo ID.