

2010 AAU JUNIOR OLYMPIC GAMES POWERLIFTING



LOCATION: Hickory High School, 1996 Hawk Boulevard, Chesapeake, VA 23322

DATES:	Friday, July 30	*2:00 pm - 6:00 pm 3:30 pm - 5:00 pm	Athlete Check-In Early Weigh-in for Sat	VA Beach Convention Center Hickory High School
	Saturday, July 31	*9:00 am - 4:00 pm 7:00 am - 8:30 am 9:00 am - 5:00 pm 3:30 pm - 5:00 pm 4:00 pm - 5:30 pm 6:00 pm	Athlete Check-In Regular Weigh-In Competition Early Weigh-in for Sun Adult Bench Press/Push-Pull Weigh-Ins Adult Bench Press/Push-Pull Competition	VA Beach Convention Center Hickory High School Hickory High School Hickory High School Hickory High School Hickory High School Hickory High School
	Sunday, August 1	7:00 am - 8:30 am 9:00 am - 6:00 pm	Regular Weigh-in Competition	Hickory High School Hickory High School

** Athletes must check-in the day prior to competition.*

AAU MEMBERSHIP: All athletes and coaches must be current members of the AAU and be able to present their 2010 AAU membership card at check-in. AAU membership is \$12.00 per youth athlete, \$32 per adult athlete and \$14.00 per non-athlete (coach). The cost of membership is in addition to the entry fee. To become a member, register on-line at www.aausports.org.

ELIGIBILITY: The lifter must be an AAU member in good standing.

This is a World event. The AAU Junior Olympic Games is the only world event juniors can officially lift in and set world records.

AGE DIVISIONS:
Kidstrong: 5:U, 6-7, 8-9, 10-11
Youth: 12-13
Teenage: 14-15, 16-17, 18-19
Junior: 20-23
Adult: 24 and Up

ENTRY FEE: Ages 5-23 (Events include Full Power, Bench Press, Push-Pull)
1 event \$60.00 per athlete
2 events \$100.00 per athlete
3 events \$140.00 per athlete.

Ages 24 and Up (Events include Push-Pull and Bench Press)
1 event \$60.00 per athlete
2 events \$100.00 per athlete

All entry fees are non-refundable. The entry fee for coaches is \$40

ONLINE REGISTRATION

& ENTRY DEADLINE: **ALL ENTRIES MUST BE COMPLETED ONLINE at www.aaujrogames.org.**

Entries must be completed online by **Tuesday, July 20, 2010.** Visa, MasterCard, American Express or Discover is accepted. You will need to have your AAU membership at the time of registering. After registering online, you will receive an email confirming your entry and acceptance of payment. Coach entries may be accepted onsite with an additional \$10 late fee.

The Local Organizing Committee and the AAU have spent many hours planning and preparing for this AAU Event. In order to make it a great success, we are asking for your cooperation. It is the responsibility of the parent, coach, instructor, and athlete to ensure that the application is in on time and complete in every detail.

Note: It is the responsibility of the lifter to know all rules and regulations that apply.

RULES:

This competition shall be held under AAUPC Powerlifting rules, regulations, and procedures (See AAUPC Powerlifting Handbook). To obtain a copy, please visit our website at www.aausports.org. It is highly advisable that all competitors be extremely familiar with all rules that govern the competition. Competition will be run in "Sessions."

ONSITE CHECK-IN:

Powerlifting athletes and coaches must check-in on July 30 at the Virginia Beach Convention Center located at 1000 19th Street, Virginia Beach, VA 23451. Parking is complimentary. Please follow the posted signs to the Check-In Area. For check-in hours and additional directions please visit the web site at www.aaujrogames.org.

SCHEDULE:

Athletes must check-in at the Virginia Beach Convention Center the day prior to competing.

Ages 5 to 23 will compete in the morning/afternoon. Adults (ages 24 & up) will compete Saturday night only.

Friday, July 30

Early weigh-in begins at 3:30 p.m. and ends at 5:00 p.m. for Saturday's lifters ONLY! (Optional)
This weigh-in session will take place at Hickory High School.

Competition Day 1

Saturday, July 31

Regular weigh-in begins at 7:00 a.m. and ends at 8:30 a.m. at the competition site for Saturday's competitors (ALL ATHLETES AGES 5 TO 13). The competition for the morning session will begin at 9:00 a.m. sharp! If needed, the afternoon session will begin at 2:00 p.m. Athletes competing on Sunday are welcome to weigh-in on Saturday from 3:30 p.m. to 5:00 p.m. YOU WILL BE ADVISED AT WEIGH-INS IF YOU ARE COMPETING IN THE MORNING OR AFTERNOON SESSION.

Saturday Night Push-Pull & Bench Press (Adults ages 24 & up ONLY): Weigh-ins will be held from 4:00 pm to 5:30 pm. Competition starts at 6:00 pm.

Competition Day 2

Sunday, August 1

Regular weigh-in begins at 7:00 a.m. and ends at 8:30 a.m. at the competition site for Sunday's competitors (ALL ATHLETES AGES 14 TO 23). The competition for the morning session will begin at 9:00 a.m. sharp! If needed, the afternoon session will begin at 2:00 p.m. YOU WILL BE ADVISED AT WEIGH-INS IF YOU ARE COMPETING IN THE MORNING OR AFTERNOON SESSION.

**CONTEST
INFORMATION:**

ATHLETES HAVE THE OPTION OF COMPETING EITHER RAW OR EQUIPPED. ALL WEIGHT CLASSES AND DIVISIONS HAVE THE OPTION OF COMPETING IN EITHER THE FULL MEET, BENCH PRESS OR PUSH-PULL. SATURDAY NIGHT LIFTERS MAY COMPETE IN THE PUSH-PULL AND/OR BENCH PRESS.

A MANDATORY EQUIPMENT CHECK WILL TAKE PLACE AT WEIGH-INS. KILOGRAM PLATES WILL BE USED ON THE COMPETITION PLATFORMS.

AWARDS:

Athletes placing in the top five (5) in each age group and weight class shall receive special gold, silver, bronze and copper (4th and 5th) AAU Junior Olympic Games medals, respectively. Also, special commemorative team plaques will be given to three (3) overall teams in the youth events only (ages 5-23).

TEAMS:

Teams must have at least three, but not more than ten (10) lifters and two (2) alternates. All teams must be registered with the AAU. Teams may be divided among male/female members of the same team, including different age groups. There may not be more than two lifters in any weight class/age group. Final team rosters must be submitted before the start of competition. All athletes participating must be current AAU members. Teams may be mixed: RAW and EQUIPPED. Each athlete may count towards team points only once. TEAM AWARDS ARE FOR THE FULL MEET ONLY!!

PARKING:

The majority of venues for the 2010 AAU Junior Olympic Games will offer complimentary parking; however, some locations may have a small fee. This is subject to change. Please note that some hotels may charge for parking. Contact your hotel for more information.

HOUSING:

Anthony Travel is proud to be the Official Travel Provider for the 2010 AAU Junior Olympic Games. Participants in the AAU Junior Olympic Games should book hotel accommodations through Anthony Travel. Anthony Travel has negotiated specially-priced rates for AAU participants and their families. **Visit**

www.aajrogames.org to make reservations and view hotel lists. For assistance, please call Anthony Travel toll-free at 800-736-6377.

You will need to have the following information ready when making reservations:

1. The number of rooms you need
2. Your arrival and departure dates
3. Your credit card number

Please check online regarding deposit requirements and cancellation policies which may vary depending on hotel. AAU is not responsible for any refunds from cancellations.

NEW: All participants will need to provide hotel information as part of the entry process for the AAU Junior Olympic Games. Hotel information can be submitted online at www.aajrogames.org at the time of registering for the event or anytime prior to onsite check-in.

**CELEBRATION
OF ATHLETES:**

On Monday, August 2, all athletes, coaches, families and friends are invited to the AAU Junior Olympic Games Athletes' Celebration at the Beach. Join the party for entertainment and fun on the Virginia Beach Boardwalk. More details will be announced soon at www.aajrogames.org.

TRANSPORTATION:

All participants and spectators are responsible for their own transportation to and from all activities, events, and hotels.

SECURITY:

All AAU Junior Olympic Games facilities maintain the right to search any bags, backpacks, purses, jackets, etc. throughout the duration of the AAU Junior Olympic Games.

FOOD:

All AAU Junior Olympic Games facilities maintain exclusive rights to concessions. Outside food and beverage are not permitted throughout the duration of the AAU Junior Olympic Games. No coolers at any venue.

ADMISSION FEE:

Credentialed athletes and coaches will receive admission to all competition venues and the Celebration of Athletes as part of your entry fee. Please note that you must check-in and pick up your credential prior to receiving admittance into any venue, including the Celebration of Athletes. All other spectators can purchase daily tickets or event passports valid for all the sport venues throughout the AAU Junior Olympic Games. Tickets can be purchased onsite at the venue. For more information on ticket options, please visit www.aajrogames.org.

NO GUARANTEE:

The AAU can not and does not guarantee the appearance and/or participation of specific participant(s) and/or teams (as applicable) in this event. The AAU has sanctioned (approved) this Event as an official AAU Event (competition), but the AAU is not and shall not be responsible for any participant's or spectator's expenses related to this Event (nor reimbursements for same) in case of dissatisfaction of any participant, friend, family, or spectator, this includes, but is not limited to all travel, hotel (lodging), food, entry fees and/or any other expenses related to the event.

INFORMATION:

AAU POWERLIFTING MEET DIRECTOR:

Judy Wood, Jill Meads, and Steve Wood
The Virginia Powerlifting Association, Inc.
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