



2010 AAU JUNIOR OLYMPIC GAMES Hampton Roads, VA

POWERLIFTING SCHEDULE

(subject to change)

Friday, July 30, 2010

*2:00 pm - 6:00 pm
3:30 pm - 5:00 pm

Athlete Check-In
Early Weigh-in for Sat

Virginia Beach Convention Center
Hickory High School

Saturday, July 31, 2010

*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

Virginia Beach Convention Center
Hickory High School
Hickory High School
Hickory High School
Hickory High School
Hickory High School

Sunday, August 1, 2010

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.***

For competition on Saturday and Sunday, the morning session will begin at 9:00 am 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.