

2010 AAU JUNIOR OLYMPIC GAMES WEIGHTLIFTING



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

DATES:	Thursday, July 29	*Check-In / Registration (10am-7pm)	Virginia Beach Convention Center
	Thursday, July 29	Practice (5pm-7pm)	Hickory High School
	Thursday, July 29	Technical Conference (7 pm)	Hickory High School
	Friday, July 30	Competition	Hickory High School
	Saturday, July 31	Competition	Hickory High School
	Sunday, August 1	Competition	Hickory High School

* Athletes must check-in at least one day prior to the day they compete.

ENTRY FEES: The individual athlete entry fee is \$40.00 and coach entry fee is \$40.00 (\$10.00 late fee if registering onsite). The AAU Team entry fee is \$40.00. All entry fees are non-refundable.

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.

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.

AGE DIVISIONS: Boys & Girls: 11 & Under, 12-13, 14 -15, 16-17, 18-19

AAU MEMBERSHIP: REQUIRED - NO EXCEPTIONS. Each athlete and coach must be a member of the AAU and be able to present a 2010 AAU membership card at the time of check-in and at weigh-ins for his or her weight class. Athlete membership is \$12 and coach (non-athlete) membership is \$14. Join on-line at www.aausports.org.

If you would like for results to count for USA Weightlifting, you must also present your USA Weightlifting membership card at weigh-ins.

QUALIFICATION: Open to all registered AAU or USA Weightlifting athletes who meet qualifying totals in either an AAU or USA Weightlifting competition. AAU membership is required for this competition.

AWARDS: AAU Junior Olympic Games medals will be awarded to the top six (6) finishers in each division. Plaques will be awarded to the first place winner in each weight class in each division. A "Best Lifter Award" will be presented in each age division, first place. Team awards will be presented to the top three (3) overall men's team and women's team. In addition, a "Coach of the Year" plaque will be presented.

CHECK-IN: Athletes and coaches must check-in 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 directions please visit the web site at www.aaujrogames.org.

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.

TECHNICAL

CONFERENCE: A Technical Conference for all athletes, coaches, and officials will take place on **Thursday, July 29 at 7:00 p.m.** at Hickory High School. Coaches may represent athletes at this conference but a representative from each delegation should be present. AAU & USAW RULES APPLY. A 7kg bar will be used for girls and boys' age divisions 11 & under and boys 12-13, until 20 kg is reached at which point a 15 kg bar will be used. However, the use of a bar lighter than 7 kg is up to the discretion of the meet director.

USAW PARTICIPATION AND RANKING:

Per agreement between the AAU and USA Weightlifting, this event will only be comprised of AAU weight classes and qualifying totals. This event is sanctioned by both the AAU and USA Weightlifting. USAW teams and athletes are encouraged to attend. Totals made at this event by USA Weightlifting registered athletes will be valid for USAW ranking and qualification purposes and will be entered into the USAW athlete database. Athletes must present their USAW membership card at weigh-ins.

TEAM COMPETITION: Only registered clubs are eligible to enter teams. Team rosters and the AAU team entry fee must **be received by July 20, 2010**. The team entry fee is \$40 per team. Register online at www.aaujrogames.org.

Team age divisions for Boys and Girls include 11 & Under, 12-13, 14-15, 16-17, 18-19 and Overall.

- Teams may enter in each age group with up to ten (10) athletes per group not to exceed two (2) athletes per weight class. There may also be two (2) overall teams entered, one (1) male, and one (1) female with each team consisting of the best fifteen (15) athletes from all age groups with a maximum of two (2) athletes per weight class.
- Team rosters will be submitted online. Each team member must be registered with the AAU club that he/she represents in order to score points. All athletes and coaches must be AAU members and be able to present their 2010 AAU membership card at the time of check-in and at Weigh-in of their weight class. Athlete membership is \$12 and coach (non-athlete) membership is \$14. Join on-line at www.aausports.org.

ATTIRE: **Singlets will be required for competition.** A singlet may be worn while weighing 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.aaujrogames.org.

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.aaujrogames.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.aaujrogames.org at the time of registering for the event or anytime prior to onsite check-in.

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.aaujrogames.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.

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2010 AAU JUNIOR OLYMPIC GAMES WEIGHTLIFTING TENTATIVE COMPETITION SCHEDULE

THURSDAY, JULY 29, 2010

Thursday will be the arrival date for athlete check-in and the technical conference. All participants (athletes and coaches) must check-in at the Virginia Beach Convention Center to receive their credentials at least the day prior to their competition. An open practice will be available on Thursday from 5:00 pm to 7:00 pm at Hickory High School. Athletes must have checked in prior to practice.

Competition changes will be posted at the meet site. ALL ATHLETES PLEASE bring envelope with AAU card (a must for all competitors) and proof of age (birth certificate or driver's license) and starting weights to Kilos at weigh-in at the competition site.

Technical Conference will be held at 7:00 p.m. SHARP at Hickory High School, Chesapeake, VA.

MINIMUM STARTING WEIGHT IS AT THE DISCRETION OF MEET DIRECTOR

FRIDAY, JULY 30, 2010

Age Group	Weight Class	Weigh-In	Lift
11-U Boys	All	8:00am	10:00am
12-13 Boys	All	10:00am	12:00pm
14-15 Boys	All	12:00pm	2:00pm

SATURDAY, July 31, 2010

Age Group	Weight Class	Weigh-In	Lift
11-U & 12-13 Girls	All	8:00am	10:00am
14-15 & 16-17 Girls	All	10:00am	12:00pm
18 -19 Girls	All	12:00pm	2:00pm

SUNDAY, AUGUST 1, 2010

Age Group	Weight Class	Weigh-In	Lift
16-17 Boys	All	8:00am	10:00pm
18-19 Boys	56 - 77	10:00am	12:00pm
18-19 Boys	85 – 105 +	12:00pm	2:00pm

WEIGHTLIFTING AGE DIVISIONS & QUALIFYING TOTALS

BOYS

11 & Under Division (Born 1999 & After)

Weight Class	*Qualifying Total
31 kg	25 kg
35 kg	29 kg
39 kg	33 kg
44 kg	36 kg
50 kg	42 kg
56 kg	46 kg
62 kg	50 kg
62 +kg	54 kg

14-15 Division (Born 1995 - 1996)

Weight Class	Qualifying Total
50 kg	70 kg
56 kg	77 kg
62 kg	83 kg
69 kg	90 kg
77 kg	96 kg
85 kg	101 kg
94 kg	106 kg
94 +	111 kg

18-19 Division (Born 1991 - 1992)

Weight Class	Qualifying Total
56 kg	115 kg
62 kg	125 kg
69 kg	135 kg
77 kg	144 kg
85 kg	152 kg
94 kg	159 kg
105 kg	166 kg
105 +	171 kg

12-13 Division (Born 1997 - 1998)

Weight Class	*Qualifying Total
35 kg	40 kg
39 kg	45 kg
44 kg	50 kg
50 kg	58 kg
56 kg	64 kg
62 kg	69 kg
69 kg	74 kg
69 + kg	79 kg

16-17 Division (Born 1993 - 1994)

Weight Class	Qualifying Total
50 kg	95 kg
56 kg	105 kg
62 kg	113 kg
69 kg	122 kg
77 kg	131 kg
85 kg	138 kg
94 kg	144 kg
94 +	151 kg

GIRLS

11 & Under Division (Born 1999 & After)

Weight Class	*Qualifying Total
31 kg	22 kg
35 kg	26 kg
39 kg	29 kg
44 kg	33 kg
48 kg	36 kg
53 kg	39 kg
58 kg	42 kg
58 +	45 kg

14-15 Division (Born 1995 - 1996)

Weight Class	Qualifying Total
44 kg	47 kg
48 kg	52 kg
53 kg	56 kg
58 kg	60 kg
63 kg	64 kg
69 kg	67 kg
69 +	70 kg

18-19 Division (Born 1991 - 1992)

Weight Class	Qualifying Total
48 kg	70 kg
53 kg	76 kg
58 kg	81 kg
63 kg	86 kg
69 kg	90 kg
75 kg	94 kg
75 +	97 kg

12-13 Division (Born 1997 - 1998)

Weight Class	*Qualifying Total
35 kg	31 kg
39 kg	36 kg
44 kg	41 kg
48 kg	45 kg
53 kg	49 kg
58 kg	52 kg
63 kg	55 kg
63 + kg	58 kg

16-17 Division (Born 1993 - 1994)

Weight Class	Qualifying Total
44 kg	58 kg
48 kg	63 kg
53 kg	69 kg
58 kg	74 kg
63 kg	78 kg
69 kg	82 kg
69 +	86 kg