



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