



# 2013 AAU JUNIOR OLYMPIC GAMES WEIGHTLIFTING



**LOCATION:** Cobo Center, 1 Washington Blvd, Detroit, MI 48226

**DATES:**

Saturday, July 27, 2013	*Check-In (8am-10am; 1pm-6pm)	Cobo Center
Sunday, July 28, 2013	Competition	Cobo Center
Monday, July 29, 2013	Competition	Cobo Center
Tuesday, July 30, 2013	Competition	Cobo Center

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

**ENTRY FEES:** The individual athlete entry fee is \$45.00 and coach entry fee is \$40.00 (\$10.00 late fee if registering onsite). The AAU Team entry fee is \$45.00. All entry fees are non-refundable.

**Please note, to register as a coach onsite you must have a valid AAU membership. You cannot register for membership onsite.**

**ONLINE REGISTRATION & ENTRY DEADLINE:** **ALL ENTRIES MUST BE COMPLETED ONLINE at [www.aajrogames.org](http://www.aajrogames.org).**

Entries must be completed online by **Thursday, July 18, 2013**. 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

Age 11 & Under: Born 2002 & after  
Age 12-13: Born 2000-2001  
Age 14-15: Born 1998-1999  
Age 16-17: Born 1996-1997  
Age 18-19: Born 1994-1995

**AAU MEMBERSHIP:** **REQUIRED - NO EXCEPTIONS.** Each athlete and coach must be a member of the AAU and be able to present a 2013 AAU membership card at the time of check-in and at weigh-ins for his or her weight class. Athlete membership is \$14 and coach (non-athlete) membership is \$16. Join on-line at [www.aausports.org](http://www.aausports.org). **BE PREPARED and register your coaches early! You can no longer register for non-athlete (coach) membership onsite at the event. New this year, background screens are conducted for all non-athletes and adult athletes. Membership is no longer instant.** For more information, visit <http://aaunews.org/news/?p=7056>.

**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.

**HOUSING:** The AAU makes every effort to provide the best quality experience for athletes, coaches and families that participate in AAU events. Participants can choose from a wide variety of accommodations in various price points and with several levels of amenities. The Detroit Sports Commission and the housing partner, PSE, have carefully selected host hotels for participants with the lowest rates available. With traffic and other unknowns in a large urban area like metro Detroit, the hotels selected for the program not only provide great rates, but also the greatest convenience in regards to location and other amenities.

**In order to complete your registration to participate in the 2013 AAU Junior Olympic Games, you are required to use hotel accommodations as advertised at [www.aajrogames.org](http://www.aajrogames.org).** All reservations are handled through PSE Housing Services. **DO NOT CONTACT THE HOTELS DIRECTLY AS YOU WILL NOT RECEIVE THE DISCOUNTED AAU RATE.** Go to [www.aajrogames.org](http://www.aajrogames.org) and click on Hotels to make your reservations, or contact PSE at 888-417-6446 for assistance. If your team or athlete is local or not planning to stay at one of the recommended properties, you can request a Housing Exemption Form from [housing@visitdetroit.com](mailto:housing@visitdetroit.com).

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

**ONSITE CHECK-IN:**

Athletes and coaches must check-in at the Cobo Center located at 1 Washington Blvd, Detroit, MI 48226. At check-in each participant, athlete or coach, will be issued a credential or wristband. This will allow you access to competition area. *If that credential or wristband is lost or stolen there will be a replacement fee.* Parking fees do apply for the lots around the Convention Center. For check-in hours, maps and additional directions please visit [www.aaujrogames.org](http://www.aaujrogames.org) (click on Event Info, then Registration). Participants should check in at least the day prior to competing.

**TECHNICAL CONFERENCE:**

A Technical Conference for all athletes, coaches, and officials will take place on **Saturday, July 27 at 7:00 p.m.** at the Cobo Center. 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 **Thursday, July 18, 2013**. The team entry fee is \$45 per team. Register online at [www.aaujrogames.org](http://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 2012 AAU membership card at the time of check-in and at Weigh-in of their weight class. Athlete membership is \$14 and coach (non-athlete) membership is \$16. Join on-line at [www.aausports.org](http://www.aausports.org).

**ATTIRE:**

**Singlets will be required for competition.** A singlet may be worn while weighing in.

**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 overall men's team and women's team. In addition, a "Coach of the Year" plaque will be presented.

**COACHES' EDUCATION:**

The AAU is happy to make available **FREE Coaches' Education** for all AAU non-athlete members. In its third year, this excellent program is **MANDATORY** for all AAU non-athletes and will be administered by Positive Coaching Alliance (PCA). Please visit [www.aausports.org](http://www.aausports.org) and click on PCA COACHES EDUCATION order to enter and take the MANDATORY AAU/PCA coaches educational course. Membership may be revoked from non-athletes who do not complete course prior to competition.

**PARKING:**

Some locations will have parking fees such as the Cobo Center. Please visit [www.aaujrogames.org](http://www.aaujrogames.org) (click on Event Info, Maps & Parking) for more information. Also, most downtown hotels will charge for parking. Please check with your hotel for specific information as prices vary.

**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:**

Spectators can purchase tickets onsite at the venues. Daily passes are \$12.00 (6 & under free) and includes admission to all competition venues on the designated day only. Event passports are \$40.00 (6 & under free). For more information on ticket options, please visit [www.aaujrogames.org](http://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.

**MORE INFORMATION:** Samantha Ursch  
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# 2013 AAU JUNIOR OLYMPIC GAMES WEIGHTLIFTING COMPETITION SCHEDULE **TENTATIVE SCHEDULE**

## SATURDAY, JULY 27, 2013

Friday will be the arrival date for athlete check-in and the technical conference. All participants (athletes and coaches) must check-in at the Cobo Center to receive their credentials at least the day prior to their competition.

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 the Cobo Center.

### MINIMUM STARTING WEIGHT IS AT THE DISCRETION OF MEET DIRECTOR SCHEDULE & TIMES SUBJECT TO CHANGE

## SUNDAY, JULY 28, 2013

Age Group/Weight Class	Weigh-In	Lift
11 under boys (all)	8:00am	10:00am
12-13 boys (35kg – 50kg)	10:00am	12:00pm
12-13 boys (56kg – 69+kg)	12:00pm	2:00pm
14-15 boys (all)	2:00pm	4:00pm

## MONDAY, JULY 29, 2013

Age Group/Weight Class	Weigh-In	Lift
11 under girls (all)	8:00am	10:00am
12-13 girls (all)	10:00am	12:00pm
14-15 girls, 16-17 girls, 18-19 girls (all)	12:00pm	2:00pm

## TUESDAY, JULY 30, 2013

Age Group / Weight Class	Weigh-In	Lift
16-17 boys (50kg – 77kg)	8:00am	10:00 am
16-17 boys (85kg – 105+kg)	10:00am	12:00pm
18-19 boys (all)	12:00pm	2:00pm

# WEIGHTLIFTING AGE DIVISIONS & QUALIFYING TOTALS

Age is determined by the year of birth.

## BOYS

### 11 & Under Division (Born 2002 & 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 1998 - 1999)

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 1994 - 1995)

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 2000-2001)

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 1996 - 1997)

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 2002 & 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 1998 - 1999)

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 1994 - 1995)

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 2000-2001)

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 1996 - 1997)

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