LOCATION: Iowa Events Center, 730 3rd Street, Des Moines, IA 50309

DATES:
- Friday, July 25, 2014: Check-In (8am-10am; 3pm-7pm) Iowa Events Center
- Friday, July 25, 2014: Technical Meeting (7pm) Iowa Events Center
- Saturday, July 26, 2014: Competition Iowa Events Center

Please note: Athletes must check-in the day prior to their competition. For more information on the other Strength Sports (Powerlifting, Feats of Strength, All-Sports Combine) click here.

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 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.


Entries must be completed online by Wednesday, July 16, 2014. 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.

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

- Age 11 & Under: Born 2003 & after
- Age 12-13: Born 2001-2002
- Age 16-17: Born 1997-1998
- Age 18-19: Born 1995-1996

AAU MEMBERSHIP:
- All athletes and coaches must be current members of the AAU. AAU membership is $14.00 per youth athlete, $24.00 per adult athlete and $16.00 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.

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://bit.ly/1jkiUx6.

QUALIFICATION:
Open to all registered AAU athletes. 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 Greater Des Moines Convention and Visitors Bureau has carefully selected host hotels for participants with the lowest rates available. 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 2014 AAU Junior Olympic Games, you are required to use hotel accommodations as advertised at www.aaujrogames.org. All reservations are handled through the Convention and Visitors Bureau. DO NOT CONTACT THE HOTELS DIRECTLY AS YOU WILL NOT RECEIVE THE DISCOUNTED AAU RATE. Go to www.aaujrogames.org and click on Hotels to make your reservations, or call 800-451-2625 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 Form from aaujrogames@aausports.org.

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 Iowa Events Center located at 730 3rd Street, Des Moines, IA 50309. 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 **Friday, July 25 at 7:00 p.m.** at the Iowa Events Center. Coaches may represent athletes at this conference but a representative from each delegation should be present. USAW rules as modified by AAU will 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.

**SCHEDULE:**

**Friday will be the arrival date for athlete check-in and the technical conference.** All participants (athletes and coaches) must check-in at the Iowa Center to receive their credentials. 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 in Kilos at weigh-in at the competition site.

**MINIMUM STARTING WEIGHT IS AT THE DISCRETION OF MEET DIRECTOR.**

**Saturday July 26:** Warm up area will open at 8:00 am. Competition will begin at 9:00 am

**TEAM COMPETITION:**

Only registered clubs are eligible to enter teams. Team rosters and the AAU team entry fee must be submitted online at [www.aaujrogames.org](http://www.aaujrogames.org). The team entry fee is $45 per team. 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 can be submitted online at [www.aaujrogames.org](http://www.aaujrogames.org). 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 2014 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. 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 Iowa Events 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.

**CELEBRATION OF ATHLETES:**

The Celebration of Athletes will be held July 28, 2014 at Drake Stadium. You won’t want to miss this year’s Celebration! More information will be posted at [www.aaujrogames.org](http://www.aaujrogames.org) when available.

**ADMISSION FEE:**

Athletes and coaches with a credential 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. You must have the appropriate wristband or credential.

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 cannot 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 MEET DIRECTOR: Judy Wood and Steve Wood Virginia Powerlifting Association, Inc. Ph: 804-559-4624 (between 7:00pm and 10:00pm EST) judi6108@aol.com or vapowerlifting@aol.com AAU NATIONAL STAFF: Samantha Ursch AAU National Headquarters 407-934-7200 (O), 407-934-7242 (F) sursch@aausports.org