



AAU JUNIOR OLYMPIC GAMES POWERLIFTING



LOCATION: Greensboro Coliseum Complex – 1921 W. Gate City Blvd., Greensboro, NC 27403

SCHEDULE: **Athletes must check-in at the Greensboro Coliseum Complex the day prior to competing.**

Wednesday, July 24, 2019

12:00 pm – 6:00pm	Athlete Check-In	Greensboro Coliseum Complex
3:30 pm - 5:00 pm	Early Weigh-in for Thursday (age 6-23)	Greensboro Coliseum Complex

Competition – Thursday, July 25, 2019 (6-23 years of age)

7:00 am - 8:30 am	Regular Weigh-in (ages 6-23)	Greensboro Coliseum Complex
8:30 AM – 9:00 AM	Mandatory rules briefing	Greensboro Coliseum Complex
9:00 am - 6:00 pm	Competition	Greensboro Coliseum Complex

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

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.

ELIGIBILITY: The lifter must be an AAU member in good standing.

This is a World event for the AAU Junior Olympic Games; athletes ages 6-23 can officially set World records. Changes for this year there is NO 4th attempts for records. All athletes will get 3 attempts only.

AGE DIVISIONS: Kids: 6-7, 8-9, 10-11
Youth: 12-13
Teenage: 14-15, 16-17,18-19
Juniors: 20-23

WEIGHT CLASSES: Men: Youth 66, 77, 88, 97, 105, 114,123,132,148,165,181,198, 220, 242, 275,308, 308+
Women: Youth 66, 77, 88, 97,105 114,123,132,148,165,181,198,198 220, 220+

ENTRY FEE: Ages 6-23 (Events include Full Power, Single Lift Bench Press, Push-Pull, Single Lift Deadlift)

1 event	\$70.00 per athlete
2 events	\$110.00 per athlete
3 events	\$150.00 per athlete
4 events	\$190.00 per athlete
Coaches	\$45.00 per coach

A separate entry fee will apply for other Strength Sports (Weightlifting, and All-Sports Combine). Visit <http://aauirogames.org/Sports/StrengthSports.aspx> for more information.

All entry fees are non-refundable. The entry fee for coaches is \$40 (\$50 for on-site registration).

ONLINE REGISTRATION & ENTRY DEADLINE: **ALL ENTRIES MUST BE COMPLETED ONLINE at www.aauirogames.org.**

Entries must be completed online by **Monday, July 15, 2019.** 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. Coach

entries may be accepted onsite with an additional \$10 late fee; however, you may not register onsite for AAU membership. **You must have your membership completed in advance.**

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.

RULES: **It is the responsibility of the lifter to know all rules and regulations that apply. All powerlifting rules can be found on line at www.aausports.org website under powerlifting.**

HOUSING: The AAU makes every effort to provide the best quality experience for athletes, coaches and families that participate in AAU events. Athletes, coaches and families can choose from a wide variety of accommodations in various price points and with several levels of amenities. The Local Organizing Committee and PSE Housing Services have 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.

All reservations are handled through PSE Housing Services. DO NOT CONTACT THE HOTELS DIRECTLY AS YOU WILL NOT RECEIVE THE DISCOUNTED RATE. Please visit the website at www.aaujrogames.org and click on Hotels to make your reservations, or call 888-417-6446 for assistance. Please check online regarding deposit requirements and cancellation policies which may vary depending on hotel. AAU is not responsible for any refunds from cancellation.

In order to complete your registration to participate in the 2019 AAU Junior Olympic Games, you are required to use hotel accommodations as advertised at www.aaujrogames.org. If your team or athlete is local or not planning to stay at one of the recommended properties, you can submit a Housing Form available online at www.aaujrogames.org.

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 and click on PCA COACHES EDUCATION order to enter and take the AAU/PCA coaches educational course. Membership may be revoked from non-athletes who do not complete course prior to competition.

ONSITE CHECK-IN: Powerlifting participants must check-in at the Greensboro Coliseum Complex located at 1921 W. Gate City Blvd., Greensboro, NC 27403 to receive their athlete credential or coach wristband. The appropriate credential or wristband will be needed prior to gaining admittance into the competition venues. Participants **MUST** check-in at least the day prior to competing. If that credential or wristband is lost or stolen there will be a replacement fee. For check-in hours, maps and additional directions please visit www.aaujrogames.org (click on Event Info, then Registration).

CONTEST INFORMATION: **ATHLETES HAVE THE OPTION OF COMPETING EITHER RAW OR EQUIPPED. ALL WEIGHT CLASSES AND DIVISIONS HAVE THE OPTION OF COMPETING IN THE FULL MEET, BENCH PRESS, PUSH-PULL OR SINGLE LIFT DEADLIFT.**

A MANDATORY EQUIPMENT CHECK WILL TAKE PLACE AT WEIGH-INS. KILOGRAM PLATES WILL BE USED ON THE COMPETITION PLATFORMS.

AWARDS: Athletes placing in the top five (5) in each age group and weight class shall receive special gold, silver, bronze and copper (4th and 5th) AAU Junior Olympic Games medals, respectively. Team plaques will be awarded to the top 3 teams.

TEAMS: Teams must have at least three, but not more than ten (10) lifters and two (2) alternates. All teams must be registered with the AAU. Teams may be divided among male/female members of the same team, including different age groups. There may not be more than two lifters in any weight class/age group. Final team rosters must be submitted before the start of competition. All athletes participating must be current AAU members. Teams may be mixed: RAW and EQUIPPED. **TEAM AWARDS ARE FOR THE FULL MEET ONLY!!**

PARKING: Some locations may have parking fees. Please visit www.aaujrogames.org and click on Maps & Directions for more information. Also, some hotels may 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 on **Monday, July 29, 2019 – TIME TBD at North Carolina A&T Aggie Stadium, 1601 E. Market St., Greensboro, NC 27401**. You won't want to miss this year's Celebration! More information will be posted at www.aaujrogames.org as it becomes 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 \$15.00 (6 & under free) and includes admission to all competition venues on the designated day only. Event passports are \$45.00 (6 & under free). For more information on ticket options, please visit 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 POWERLIFTING MEET DIRECTOR:

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