



AAU JUNIOR OLYMPIC GAMES WEIGHTLIFTING



LOCATION:	Greensboro Coliseum Complex -1921 W. Gate City Blvd., Greensboro, NC 27403		
DATES:	Friday, July 26, 2019	Athlete Check-In (8:00 am – 6:00 pm)	Greensboro Coliseum Complex
SCHEDULE:	Saturday, July 27, 2019	Weigh-ins all athletes (7:00 am – 8:30 am)	Greensboro Coliseum Complex
	Saturday, July 27, 2019	Technical Meeting – 8:30 am	Greensboro Coliseum Complex
	Saturday, July 27, 2019	Competition (All Athletes)	Greensboro Coliseum Complex

Warm up area will open at 8:00 am

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

ENTRY FEES: The individual athlete entry fee is \$55.00 and coach entry fee is \$45.00 (\$55.00 a coach registers onsite). The team entry is \$55.00. All entry fees are non-refundable.

Please note, all coaches must have a valid AAU membership. You cannot register for membership onsite. Coaches must register on-line by July 15, 2019. A background screening will be done on all coaches.

**REGISTRATION
& ENTRY DEADLINE:**

ALL ENTRIES MUST BE COMPLETED ONLINE at www.aajrogames.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.

AAU WORLD WEIGHTLIFTING QUALIFICATION: Lifters will qualify for the 2019 AAU World Weightlifting Championships.

RULES: AAU Weightlifting rules apply

RECORDS: American and World Records may be set

AGE DIVISIONS: Boys & Girls: 6-7, 8-9,10-11, 12-13, 14-15, 16-17, 18-19, 20-23

AGE BASED ON AGE AT THE TIME OF THE EVENT

WEIGHTLIFTING WEIGHT CLASSES

Female Age Divisions and Weight Classes (lbs)

Age Groups:

6-7, 8-9,10-11, 12-13, 14-15, 16-17, 18-19, 20-23

Weight Classes:

66, 77, 88, 97,105 114,123,132,148,165,181,198,198 220, 220+

Male Age Divisions and Weight Classes (lbs)

Age Groups:

6-7, 8-9,10-11, 12-13, 14-15, 16-17, 18-19, 20-23

Weight Classes:

66, 77, 88, 97, 105, 114,123,132,148,165,181,198, 220, 242, 275,308, 308+

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 (18 and older) 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.

- 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. 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.
- ONSITE CHECK-IN:** Weightlifting participants must check-in at the Greensboro Coliseum Complex, 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 should 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).
- TECHNICAL MEETING:** A Technical Meeting for all athletes, coaches, and officials will take place on **Saturday, July 27, 2019 at 8:30 AM.** at the Greensboro Coliseum Complex. Coaches may represent athletes at this conference but a representative from each delegation must be present. AAU rules 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. Use of a bar lighter than 7 kg is up to the discretion of the meet director.
- SCHEDULE:** **Friday, July 26, 2019 will be the arrival date for athlete check-in.** All participants (athletes and coaches) must check-in at the Greensboro Coliseum Complex to receive their credentials. ALL ATHLETES must bring a current AAU membership card, proof of age documentation (birth certificate or driver's license) and first attempt weights (in Kilos) to weigh-in at the competition site.
- MINIMUM STARTING WEIGHT IS AT THE DISCRETION OF THE MEET DIRECTOR.**
- TEAM COMPETITION:** Team rosters must be provided to the Meet Director at the Technical Meeting on **Saturday, July 27, 2019 at 8:30 AM.** Teams will consist of at least 3 competitors and no more than 10 competitors in any Division. There can be no more than two competitors in any one Division (Age + Weight Class). Clubs can enter as many teams as they want.
- ATTIRE:** **A singlet 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 five (5) finishers in each division. Team awards will be presented to the top three teams.
- 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.
- 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 – 7:00 PM at North Carolina A&T Aggie Stadium, 1201 E. Sullivan 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 Junior Olympic Strength Sports Meet Directors

Judy Wood and Steve Wood
Virginia Powerlifting Association, Inc.
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