

# POWERLIFTING

**LOCATION:** Ford Field, 2000 Brush Street, Detroit, MI 48229

|               |                        |                   |                                |                   |
|---------------|------------------------|-------------------|--------------------------------|-------------------|
| <b>DATES:</b> | Friday, July 25        | 8:00 am - 5:00 pm | Athlete Check-In               | Ford Field        |
|               |                        | 4:00 pm - 5:30 pm | Early Weigh-in for Sat         | Ford Field        |
|               | Saturday, July 26      | 7:00 am - 8:30 am | Regular Weigh-In               | Ford Field        |
|               |                        | 9:00 am - 6:00 pm | Competition                    | Ford Field        |
|               |                        | 4:00 pm - 5:30 pm | Early Weigh-in for Sun         | Ford Field        |
|               | Sunday, July 27        | 7:00 am - 8:30 am | Regular Weigh-in               | Ford Field        |
|               |                        | 9:00 am - 6:00 pm | Competition                    | Ford Field        |
|               | <b>Monday, July 28</b> | <b>7:00 pm</b>    | <b>Celebration of Athletes</b> | <b>Ford Field</b> |

**AAU MEMBERSHIP:** **All athletes and coaches must be current members of the AAU and be able to present their 2003 AAU membership card at check-in.** AAU membership will be available for purchase at check-in for \$10.00 per youth athlete and \$12.00 per coach. The cost of membership is in addition to the entry fee. To become a member, register on-line at [www.aausports.org](http://www.aausports.org) or contact your local AAU Association at 1-800-AAU-4USA.

**ENTRY FEE:** The entry fee is \$55.00 per athlete and is non-refundable.

**ENTRY DEADLINE:** All entries must be **received by Friday, June 27, 2003.** All entry fees must be in the form of a cashier's check or money order made out to the **2003 AAU Junior Olympic Games.** No personal checks will be accepted. Overnight delivery is strongly advised. **ALL ENTRIES MUST BE RECEIVED BY THE DEADLINE DATE OR YOU WILL NOT BE ALLOWED TO COMPETE.**

**ATHLETES and COACHES** must send entry forms and fees to the following address:  
**2003 AAU Junior Olympic Games**  
**Detroit Metro Sports Commission**  
**211 W. Fort St., Suite 1000**  
**Detroit, MI 48226**

Note: It is the responsibility of the lifter to know all rules and regulations that apply. Any entry form that is not fully and completely filled out will be returned.

**ENTRY CONFIRMATION: TO CONFIRM THAT WE HAVE RECEIVED YOUR PACKET:**

- **PUT YOUR EMAIL ADDRESS ON THE ENTRY FORM. ONCE YOUR ENTRY HAS BEEN PROCESSED, YOU WILL RECEIVE AN EMAIL CONFIRMATION.**
- **IF YOU HAVE SENT YOUR PACKET VIA AN OVERNIGHT SERVICE (i.e. FedEx, UPS, Priority Mail) YOU CAN TRACK THE PACKET WITH THE AIRBILL NUMBER. IF YOUR PACKET HAS BEEN RECEIVED AND SIGNED FOR BY THE ENTRY DEADLINE THEN YOUR ENTRY WILL BE PROCESSED. ALL ENTRIES MUST BE RECEIVED BY THE ENTRY DEADLINE.**

The Local Organizing Committee, (LOC) has spent many hours planning and preparing for this AAU Event. In order to make it a great success, we ask for your cooperation. It is the responsibility of the coach, designated person of a team, or athlete to return **all** the necessary monies and completed forms by the **deadline date.** It is **not** the responsibility of the LOC or the AAU to make sure all forms are fully completed and received on time. **HOWEVER, THE LOC AND AAU SHALL HAVE FULL AUTHORITY TO ACCEPT OR REJECT ENTRY(S) BASED ON THE CONTENT OF THE DOCUMENTS SUBMITTED AND/OR THE DATE RECEIVED!**

**ELIGIBILITY:** The lifter must be an AAU member in good standing as of the date the application is received.

**RULES:** This competition shall be held under AAUPC Powerlifting rules, regulations, and procedures (See AAUPC Powerlifting Handbook). To obtain a copy, please visit our website at [www.aausports.org](http://www.aausports.org). It is highly advisable that all competitors be extremely familiar with all rules that govern the competition. Competition will be run in "Sessions".

**CHECK-IN:**

**Pre-Registration:** It is extremely important that all entries be received in Detroit no later than the above-mentioned deadline date. ENTRY FORM (S) RECEIVED BEYOND THAT DATE WILL NOT BE ACCEPTED! Of course, we want as many athletes as possible to participate, so please get all entry forms in on time. Again, guaranteed overnight delivery will become mandatory if it is the only way to ensure compliance with the deadline date.

**On-Site Check-In:** Check-In for athletes, coaches, clubs and teams participating in the AAU Junior Olympic Games will be held at Ford Field located in downtown Detroit at 2000 Brush Street. Please follow posted signs to the Check-In Area. For check-in hours, mapping and directions please consult your *Athletes', Coaches', and Parents' Handbook*. **Parking fees will typically range from \$3.00-\$6.00 per day, but other area events can cause parking fees to fluctuate.** For more information on parking, please refer to the *Athletes', Coaches', and Parents' Handbook*.

**DIRECTIONS TO FORD FIELD:**

**From the West (Airport):** Take I-94 East to I-96 East, exit left at the I-75 exit. Proceed on I-75 North. Take the Grand River exit (# 50). Follow the service drive to Woodward Avenue and go East on Woodward. Comerica Park will be on your left and Ford Field is behind it. Turning left on Montcalm or Adams will take you to the stadium.

**From The North/South:** Take I-75 to the Grand River exit (#50). Follow the service drive to Woodward Avenue and go East on Woodward. Comerica Park will be on your left and Ford Field is behind it. Turning left on Montcalm or Adams will take you to the stadium.

**SCHEDULE:****Friday, July 25**

Early weigh-in begins at 4:00 p.m. and ends at 5:30 p.m. for Saturday's lifters ONLY! (Optional)  
This weigh-in session will take place at Ford Field.

**Competition Day 1****Saturday, July 26**

Regular weigh-in begins at 7:00 a.m. and ends at 8:30 a.m. at the competition site for Saturday's competitors (ALL ATHLETES AGES 5 TO 13). The competition for the morning session will begin at 9:00 a.m. sharp! If needed, the afternoon session will begin at 2:00 p.m. Athletes competing on Sunday are welcome to weigh-in on Saturday from 5:00 p.m. to 6:30 p.m. YOU WILL BE ADVISED AT WEIGH-INS IF YOU ARE COMPETING IN THE MORNING OR AFTERNOON SESSION.

**Competition Day 2****Sunday, July 27**

Regular weigh-in begins at 7:00 a.m. and ends at 8:30 a.m. at the competition site for Sunday's competitors (ALL ATHLETES AGES 14 TO 23). The competition for the morning session will begin at 9:00 a.m. sharp! If needed, the afternoon session will begin at 2:00 p.m. YOU WILL BE ADVISED AT WEIGH-INS IF YOU ARE COMPETING IN THE MORNING OR AFTERNOON SESSION.

**CONTEST INFORMATION:**

**ATHLETES HAVE THE OPTION OF COMPETING EITHER RAW OR EQUIPPED. ALL WEIGHT CLASSES AND DIVISIONS HAVE THE OPTION OF COMPETING IN EITHER THE FULL MEET OR IN THE BENCH PRESS ONLY. THERE ARE NO CROSSOVERS ALLOWED. YOU MUST CHOOSE A CATEGORY (RAW/EQUIPPED) AND A COMPETITION (FULL MEET/BENCH PRESS ONLY). NO ATHLETE MAY COMPETE IN RAW AND EQUIPPED DIVISION AND NO ATHLETE MAY COMPETE IN BENCH PRESS ONLY AND THE FULL MEET. Remember, there are no crossovers allowed!!**

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

**AWARDS:**

Athletes placing in the top five (5) in each age group and weight class, (Full meet and Bench Press only, RAW & EQUIPPED) shall receive special gold, silver, bronze and copper (4<sup>th</sup> and 5<sup>th</sup>) AAU Junior Olympic Games medals, respectively. Also, special commemorative team plaques will be given to five (5) overall teams.

**TEAMS:**

Teams must have at least three, but not more than ten (10) lifters and two alternates. These 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. Each athlete may count towards team points only one once. **TEAM AWARDS ARE FOR THE FULL MEET ONLY!!**

**CELEBRATION  
OF ATHLETES:**

The 2003 AAU Junior Olympic Games ***Celebration of Athletes*** will be held at Ford Field located in downtown Detroit on Monday, July 28 at 7:00 p.m. All athletes are encouraged to attend, as you won't want to miss the 2003 Celebration. The format of this year's Celebration has changed dramatically. Take some time to meet your fellow athletes from other states. Check the web site at [www.aajrogames.org](http://www.aajrogames.org) for more announcements on this year's ***Celebration of Athletes***. Parking fees will typically range from \$3.00-\$6.00 per day, but other area events downtown can cause parking fees to fluctuate.

**PARKING:**

The majority of venues for the 2003 AAU Junior Olympic Games will offer complimentary parking. However, exceptions to this include Ford Field in Downtown Detroit and Eastern Michigan University in Ypsilanti. Parking fees will typically range from \$3.00-\$6.00 per day, but other area events can cause parking fees to fluctuate. Parking regulations are strictly enforced both in Downtown Detroit and on-campus at Eastern Michigan University. Please obey all posted parking regulations, as the cost of a parking ticket will outweigh the cost of parking. More details on parking can be found in the *Athletes', Coaches', and Parents' Handbook*.

Also, please note that most downtown hotels will charge for parking at their location. These prices vary and often can be added directly to your hotel bill upon checkout. Please contact your hotel directly to determine if you will be charged for parking.

**HOUSING:**

All requests for hotels will be handled by the Detroit Housing Bureau. **Contact the Housing Bureau toll free at 877-228-9389 or book your rooms on-line at [www.aajrogames.org](http://www.aajrogames.org).** For a complete listing of properties please see the housing section of the Handbook or the web site. You will need to have the following information ready when contacting the Housing Bureau:

1. The sport you will be competing in
2. The number of people in your party
3. The number of rooms you need
4. Your arrival and departure dates
5. Your credit card number

**IMPORTANT: All reservations require a one-night room and tax deposit through an approved form of credit. In the event an attendee needs to cancel their reservation, the cancellation must occur prior to 72 hours from the confirmed arrival date. If the cancellation occurs within 72 hours of the scheduled arrival, the hotel reserves the right to charge the guest for one night's room and tax.**

**TRANSPORTATION:**

All athletes, coaches, and fans are responsible for their own transportation to and from all activities, events, and hotels.

**SECURITY:**

All 2003 AAU Junior Olympic Games facilities maintain the right to search any bags, backpacks, purses, jackets, etc. throughout the duration of the 2003 AAU Junior Olympic Games.

**FOOD:**

All 2003 AAU Junior Olympic Games facilities maintain exclusive rights to concessions. Outside food and beverage are not permitted throughout the duration of the 2003 AAU Junior Olympic Games.

**ADMISSION FEE:**

Each sport is a part of the 2003 AAU Junior Olympic Games. Admission to all venues and the Celebration of Athletes for credentialed participants only is included in your entry fee. Please note that you must check-in and pick up your athlete or coach credential prior to receiving admittance into any venue, including the Celebration of Athletes. All other spectators will be able to enjoy any of the sporting events and ceremonies throughout the 2003 AAU Junior Olympic Games by purchasing an admission ticket that is valid for all the sports involved in the Games. For more information on ticket options, please refer to the *Athletes', Coaches', and Parents' Handbook* or visit [www.aajrogames.org](http://www.aajrogames.org).

**INFORMATION:**

**AAU POWERLIFTING MEET DIRECTOR:**

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