



3rd Annual High School Individual & Team Push-Pull Challenge Mechanicsville, Virginia May 8, 2010



Location: Lee Davis High School
Mechanicsville, Virginia

Hosted by: Coach Jason Meade
Lee Davis High School
804-513-2460 or meade@leedavisfootball.com

More Info: Judy-Virginia Powerlifting - 804-559-4624 or VAPowerlifting@aol.com
Jill – Virginia Powerlifting – 804-730-8810 or JiMeads@aol.com

Competition: This meet will be opened to teams and individual lifters male or female. You do not have to be on a team to compete. Which high school is the best? Football players, wrestlers, baseball players are encourage to put a team together and compete.

Teams: Teams must include a minimum of 6 athletes and no more than 10. Maximum of 160 lifters.

Lifts: Bench Press and Deadlift – AAU Rules apply (see aausports.org)

Awards: Metals for each athlete – Best Lifter trophies will be awarded.
Huge Trophy for the First Place Team!
(Best Lifter & 1st Place Team will be based on highest ratio of weight lifted vs. body weight)

Schedule: Weigh-Ins will be held on Friday, May 7th from 4:00 pm to 6:00 pm. and Saturday, May 8th from 6:30 am to 8:00 am. Mandatory rules briefing will be at 8:00 am. Competition starts at 9:00 am.

Divisions: All male and female weight and age classes.
Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, 308+
Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 220+

Categories: Teen: ages (12-13), (14-15), (16-17), (18-19)

Membership: AAU Membership Fee included in Entry Fee.

Entry Fee: \$40 per athlete

Deadline: May 3, 2010

