



## Proposed Powerlifting Events for 2009 – 2010 AAU Membership Year

Name of Event: Nevada State Championships & Southwest Regional

Date of Event: March 13, 2010

Location of Event: Imperial Palace, Las Vegas, NV

Contact: Tony Rodriguez

702-575-9687

[naturalpowerlasvegas@yahoo.com](mailto:naturalpowerlasvegas@yahoo.com)

Name of Event: TBD

Date of Event: May 27, 2010

Location of Event: St. John Vienny High School, NJ

Contact: Benny Litowsky

908-692-6346

[TAKEDOWN\\_13@HOTMAIL.COM](mailto:TAKEDOWN_13@HOTMAIL.COM)

Name of Event: Full Power Bench, Deadlift & Push Pull

Date of Event: March 28, 2010

Location of Event: San Jose City College

Contact: Phil Crawford

408-313-3212

[pjcrwfrd@aol.com](mailto:pjcrwfrd@aol.com)

Name of Event: Orchard Powerlifting Meet

Date of Event: April 17, 2010

Location: Orchard, Nebraska

Contact: Jeff Shabram

Phone: (402) 893-3033

[jshabram@esu8.org](mailto:jshabram@esu8.org)

Name of Event: AAU Arizona State Bench Press Championships

Date of Event: April 24th 2010

Location of Event: TBA (Phoenix, AZ)

Contact: Josh Harrison

602-628-4168

[jman233403@yahoo.com](mailto:jman233403@yahoo.com)

Name of Event: AAU High School Push-Pull Championship

Date of Event: May 8, 2010

Location of Event: Richmond, VA

Contact: Judy Wood – 804-559-4624

[vapowerlifting@aol.com](mailto:vapowerlifting@aol.com)

Push-pull meet is a team event or individual

Name of Event: AAU Triple Crown Classic, Push-Pull & Bench Press Championships  
Date of Event: May 9 2010  
Location of Event: Richmond, VA  
Contact: Judy Wood - 804-559-4624  
[vapowerlifting@aol.com](mailto:vapowerlifting@aol.com)

Name of Event: 2009 Cornhusker State Games Powerlifting  
Date of Event: June 26, 2010  
Location: Lincoln, Nebraska  
Contact: Howard Huffman  
Phone: (402) 464-6823  
E-Mail: [badsquat@gmail.com](mailto:badsquat@gmail.com)

Name of Event: 2010 AAU National Bench, Deadlift, Pushpull and North American Powerlifting  
Date of Event: July 8-10 2010  
Location of Event: Casablanca Resort Hotel Casino, Mesquite Nevada  
Contact: Martin Drake - 951-928-4797  
[Naturalpower@earthlink.net](mailto:Naturalpower@earthlink.net)  
More Info: <http://www.casablancaresort.com/>  
1 hour North of Las Vegas close to Bryce and Zion National Parks  
One of the most beautiful hotels in the world.  
Shuttle from Vegas airport 3 times/day @\$50 roundtrip  
Meet to be capped at 400 lifters

Name of Event: AAU Junior Olympic Games Push-Pull, Bench Press Meet  
Date of Event: Evening of July 31, 2010  
Location of Event: Chesapeake, VA  
Contact: Jill Meads 804-730-8810 or Judy Wood 804-559-4624  
[vapowerlifting@aol.com](mailto:vapowerlifting@aol.com)  
This meet will be push-pull and bench press only. This event is opened to all ages including adults

Name of Event: AAU Junior Olympic Games  
Date of Event: July 31- August 1, 2010  
Location of Event: Chesapeake, VA  
Contact: Jill Meads 804-730-8810 or Judy Wood 804-559-4624  
[vapowerlifting@aol.com](mailto:vapowerlifting@aol.com)  
This meet will be full power, push-pull meet for ages 5 years - 23 years

Name of Event: 2010 Push Pull RAW Outdoor Meet  
Date of Event: September 11, 2010  
Location of Event: San Jose City College  
Contact: Phil Crawford  
408-313-3212  
[pjcrwfrd@aol.com](mailto:pjcrwfrd@aol.com)

Name of Event: 2011 AAU World Bench, Deadlift, Pushpull and International Powerlifting

Date of Event: Oct 7-9

Location of Event: Imperial Palace Hotel Casino, Las Vegas Nevada

Contact: Martin Drake - 951-928-4797

[Naturalpower@earthlink.net](mailto:Naturalpower@earthlink.net)

Meet to be capped at 400 lifters

Name of Event: 2010 AAU World Bench, Deadlift, Pushpull and International Powerlifting

Date of Event: Oct 8-10

Location of Event: Imperial Palace Hotel Casino, Las Vegas Nevada

Contact: Martin Drake - 951-928-4797

[Naturalpower@earthlink.net](mailto:Naturalpower@earthlink.net)

Meet to be capped at 500 lifters

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