



-Eighth Annual 2010 AAU Triple Crown Classic -  
-2010 AAU East Coast Bench Press Classic-  
-2010 AAU East Coast Push-Pull Classic-  
-2010 AAU Virginia State Championship-



## INFORMATION SHEET

**Sunday, May 9, 2010 (1 day only)**  
Mechanicsville, Virginia

**MAXIMUM OF 100**

**VIRGINIA POWERLIFTING ASSOCIATION, INC.**  
Judy Wood at 804-559-4624 or Jill Meads at 804-730-8810 – Vapowerlifting@aol.com

**ENTRY DEADLINE: May 1, 2010**

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

**DIVISIONS: Youth / Teenage / Junior / Open (ALL AGES) / Sub-Masters / Masters  
Law-Fire-Military / Master Lifetime / Special Athletes**

**LIFTING ATTIRE: One-piece lift suit (wrestling singlet) is mandatory for all lifters.**

**WEIGH-IN: All athletes will now weigh in on Saturday, May 8th – 4:30 to 6:00 p.m. or Sunday, May 9th  
6:00 to 7:30 a.m. at Lee Davis High School**

**RULES BRIEFING: Sunday, May 9th 8:00 a.m. -- LIFTING STARTS: Sunday, May 9th 9:00 a.m.**

**SPECTATOR'S FEE: \$5 (12 years and older)**

**CONTEST: Full meet (squat, bench, and deadlift), single lift bench, push-pull  
- Raw & Equipment - AAU rules apply  
-- Mandatory equipment check at registration -- Kilogram plates will be used on the platform**

**AWARDS: Individuals: 1<sup>st</sup> – 3<sup>rd</sup> in all divisions, weight classes & crossovers**

**RECORDS: American records only may be set at this meet.**

**DRUG TESTING: This is a drug-free Meet. Athletes may be tested during or after the meet.**

**ENTRY FEE: \$60 --EACH CROSSOVER: \$35 --  
NO REFUNDS -- NO ENTRY AFTER May 1st -- NO EXCEPTIONS!**

**LOCATION: Lee Davis High School, 7052 Mechanicsville Turnpike, Mechanicsville, VA 23111**

**ELIGIBILITY: All contestants must be a current 2010 AAU member. Cards HAVE TO BE PURCHASED ON-LINE through AAUsports.org website. Note: Annual memberships expire August 30<sup>th</sup> of each year. **Adults:** \$32  
**Ages 19 & under:** \$12**

**RULES: All AAU rules apply. See [www.ausports.org](http://www.ausports.org) -- Click on Handbook  
• This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.  
• All participants must have a current AAU membership.**

- AAU membership may not be included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect.
- Participants are encouraged to visit the AAU web site [www.aasports.org](http://www.aasports.org) to obtain their membership.