



2009 AAU World Powerlifting(3lift), International Push-Pull & Single Lift Championship November 28th & 29th 2009

Location: Crown Reef Conference Center at South Beach Resort
Myrtle Beach, South Carolina

Hosted by: Virginia Powerlifting Association

Meet Director:

Judy & Steve Wood (804-559-4624)
Jill Meads (804-730-8810)
VAPowerlifting@aol.com

Schedule:

All Women, Special Athletes, Teens up to 19 years & Men up to and including 198 weight class will lift on Saturday, November 28th.
All Men 220 weight class and up will lift on Sunday, November 29th.

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+

Membership:

All participants must be members of the AAU. AAU athlete membership is \$32.

Entry Fee: \$65 per athlete & \$35.00 for cross-overs.

Deadline: November 15, 2009

More Info: Email Judy at vapowerlifting@aol.com or AAUsports.org website under powerlifting

Come celebrate Thanksgiving at the Beach! The Crown Reef Resort will be hosting one of the largest Thanksgiving Celebration's in Myrtle Beach. Bring your family and friends to the beach for a great time and watch some outstanding lifting!

- 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 to obtain their membership.