



## 2008 AAU JUNIOR OLYMPIC GAMES POWERLIFTING



<b>LOCATION:</b>	Rock Financial Showplace, 46100 Grand River, Novi, MI			
<b>DATES:</b>	Friday, July 25	*10:00 am - 6:00 pm 2:00 pm - 3:30 pm	Athlete Check-In Early Weigh-in for Sat	Rock Financial Showplace Rock Financial Showplace
	Saturday, July 26	*8:00 am – 5:00 pm 7:00 am - 8:30 am 9:00 am - 5:00 pm 2:00 pm - 3:30 pm	Athlete Check-In Regular Weigh-In Competition Early Weigh-in for Sun	Rock Financial Showplace Rock Financial Showplace Rock Financial Showplace Rock Financial Showplace
		4:00 pm – 5:30 pm 6:00 pm	Bench Press Weigh-Ins Bench Press Competition	Rock Financial Showplace Rock Financial Showplace
	Sunday, July 27	7:00 am - 8:30 am 9:00 am - 6:00 pm	Regular Weigh-in Competition	Rock Financial Showplace Rock Financial Showplace
	Monday, July 28	7:30 pm	Celebration of Athletes	Eastern Michigan University

*\* Athletes must check-in the day prior to competition.*

**AAU MEMBERSHIP:** All athletes and coaches must be current members of the AAU and be able to present their 2008 AAU membership card at check-in. AAU membership is \$12.00 per youth athlete, \$32 per adult athlete and \$14.00 per non-athlete (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 District at 1-800-AAU-4USA.

**ELIGIBILITY:** The lifter must be an AAU member in good standing.

**This is a World event. The AAU Junior Olympic Games is the only world event juniors can officially lift in and set world records.**

**AGE DIVISIONS:**  
Kidstrong: 5:U, 6-7, 8-9, 10-11  
Youth: 12-13  
Teenage: 14-15, 16-17, 18-19  
Junior: 20-23

**New in 2008: Bench Press Only Division – Open to all ages**

**ENTRY FEE:** For Full Power, the entry fee is \$60.00 per athlete. For Bench Press only, the entry fee is \$40.00 per athlete. All entry fees are non-refundable.

**ONLINE REGISTRATION & ENTRY DEADLINE:** **ALL ENTRIES MUST BE COMPLETED ONLINE at [www.aaujrogames.org](http://www.aaujrogames.org).**

Entries must be completed online by **Friday, July 11, 2008**. Visa, MasterCard, American Express or Discover is accepted. You will need to have your AAU membership at the time of registering. After registering online, you will receive an email confirming your entry and acceptance of payment.

The Local Organizing Committee and the AAU have spent many hours planning and preparing for this AAU Event. In order to make it a great success, we are asking for your cooperation. It is the responsibility of the parent, coach, instructor, and athlete to ensure that the application is in on time and complete in every detail.

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

**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".

**ONSITE CHECK-IN:** Check-In will be held at the Rock Financial Showplace located at 46100 Grand River Avenue, Novi, MI 48374. A \$5 per day parking fee will apply. Please follow the posted signs to the Check-In Area. For check-in hours, mapping and additional directions please visit [www.aaujrogames.org](http://www.aaujrogames.org).

**SCHEDULE:** **Athletes must check-in at the Rock Financial Showplace the day prior to competing.**

**Friday, July 25**

Early weigh-in begins at 2:00 p.m. and ends at 3:30 p.m. for Saturday's lifters ONLY! (Optional)  
This weigh-in session will take place at Rock Financial Showplace.

**Competition Day 1**

**Saturday, July 27**

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 2:00 p.m. to 3:30 p.m. YOU WILL BE ADVISED AT WEIGH-INS IF YOU ARE COMPETING IN THE MORNING OR AFTERNOON SESSION.

**Bench Press Only: Weigh-ins will be held from 4:00 pm to 5:30 pm. Competition starts at 6:00 pm.**

**Competition Day 2**

**Sunday, July 28**

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.**

**A MANDATORY EQUIPMENT CHECK WILL TAKE PLACE AT WEIGH-INS. KILOGRAM PLATES WILL BE USED ON 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 three (3) overall teams.

**TEAMS:**

Teams must have at least three, but not more than ten (10) lifters and two (2) alternates. All teams must be registered with the AAU. Teams 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 once. **TEAM AWARDS ARE FOR THE FULL MEET ONLY!!**

**PARKING:**

Parking is \$5 per day at the Rock Financial Showplace. Please visit [www.aaujrogames.org](http://www.aaujrogames.org) for additional parking information.

**HOUSING:**

The Detroit Metro Convention and Visitors Bureau will handle **all** requests for hotels. **Visit [www.aaujrogames.org](http://www.aaujrogames.org) to make reservations, view hotel lists, maps and more.** For assistance, please call the Detroit Metro Convention & Visitors Bureau at (800) DETROIT or (800) 338-7648. You will need to have the following information ready when making reservations:

1. The sport in which you will compete
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:** Please check online or with the Detroit Metro Convention & Visitors Bureau regarding deposit requirements and cancellation policies. AAU is not responsible for any refunds from cancellations.

**CELEBRATION  
OF ATHLETES:**

The 2008 AAU Junior Olympic Games ***Celebration of Athletes*** will be held on Monday, July 28 at 7:30 p.m. on the campus of Eastern Michigan University at Olds-Marshall Track. All athletes are encouraged to attend, as you won't want to miss this year's celebration. Check the web site at [www.aaujrogames.org](http://www.aaujrogames.org) for more announcements on the ***Celebration of Athletes***.

**TRANSPORTATION:**

All participants and spectators are responsible for their own transportation to and from all activities, events, and hotels.

**SECURITY:**

All AAU Junior Olympic Games facilities maintain the right to search any bags, backpacks, purses, jackets, etc. throughout the duration of the 2007 AAU Junior Olympic Games.

**FOOD:**

All AAU Junior Olympic Games facilities maintain exclusive rights to concessions. Outside food and beverage are not permitted throughout the duration of the AAU Junior Olympic Games. No coolers at any venue.

**ADMISSION FEE:**

Admission to all venues and the Celebration of Athletes for credentialed participants 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 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 Event Handbook or visit [www.aaujrogames.org](http://www.aaujrogames.org).

**NO GUARANTEE:**

The AAU can not and does not guarantee the appearance and/or participation of specific participant(s) and/or teams (as applicable) in this event. The AAU has sanctioned (approved) this Event as an official AAU Event (competition), but the AAU is not and shall not be responsible for any participant's or spectator's expenses related to this Event (nor reimbursements for same) in case of dissatisfaction of any participant, friend, family, or spectator, this includes, but is not limited to all travel, hotel (lodging), food, entry fees and/or any other expenses related to the event.

**INFORMATION:**

**AAU POWERLIFTING MEET DIRECTOR:**

Judy Wood, Jill Meads, and Steve Wood  
The Virginia Powerlifting Association, Inc.  
Ph: 804-559-4624 (between 7:00pm and 10:00pm EST)  
[judi6108@aol.com](mailto:judi6108@aol.com)

**AAU NATIONAL STAFF:**

Ivy Schuler  
AAU National Headquarters  
c/o Walt Disney World Resort  
P.O. Box 10,000  
Lake Buena Vista, FL 32830-1000  
(407) 934-7200 (O), (407) 934-7242 (F)  
[ivy@aausports.org](mailto:ivy@aausports.org)  
Web site: [www.aausports.org](http://www.aausports.org)