

WAIKANE CONGREGATIONAL CHURCH PRESENTS:  
Saturday, January 20, 2018

**2018 AAU HAWAII STATE CHAMPIONSHIP**  
**Weightlifting, Powerlifting, Bench, Deadlift and Push-Pull**  
**QUALIFIER FOR AAU WORLDS AT THE RIO HOTEL IN LOS VEGAS**  
**(September 15-17, 2018)**



**Date:** January 20, 2018 lifting begins at 9am  
**Location:** Waikane Congregational Church, 48-419 Kamehameha Hwy, Kaneohe, HI 96744

**Weigh-ins:** Friday 5 – 730 pm, early weigh-ins Sat 730 – 830 am, at Waikane Congregational Church  
**Testing:** Any athlete entered may be subjected to drug testing per the AAU Policies and procedures.  
**Eligibility:** **Must be** a current member of the AAU.

**Divisions:** **WEIGHTLIFTING AND POWERLIFTING**

**Youth** (6-7,8-9,10-11,12-13) **Teen**(14-15,16-17,18-19)**Junior**(20-23) **Open, Sub-Masters**(35-39)**Masters** 40-44,45-49 etc. in 5 year, **Lifetime Masters**), **Law/Fire** (active, retired), **Military**(active, retired, reserves) ,

**POWERLIFTING WEIGHT CLASSES IN POUNDS**

**Weight Classes:** Men: + Youth 66, 77, 88, 97, 105 ALL 114,123,132,148,165,181,198, 220 ,242, 275,308, 308+  
Women: Youth 66, 77, 88, ALL 97,105 114,123,132,148,165,181,198,198 220, 220+

**WEIGHTLIFTING WEIGHT CLASSES in KILOS**

**Female Age Divisions to Weight Classes**

(Female Weight Classes kg: 31, 35, 39, 44, 48, 53, 58, 63, 69, 75, 82, 82+)

**Youth Ages 6-7, 8-9, 10-11:** 31 – 58+kg

**Youth Ages 12-13:** 35 – 63+kg **Teen Ages 14-15, 16-17:** 44 – 69+kg

**Teen Ages 18-19:** 48 – 82+kg **Junior Ages 20-23:** 48 – 82+kg **Senior/Open Ages 24-34:** 48 – 82+kg **Sub**

**Masters &Masters**

**Male Age Divisions to Weight Classes**

(Male Weight Classes kg: 31, 35, 39, 44, 50, 56, 62, 69, 77, 85, 94, 105, 114, 114+)

**Youth Ages 6-7, 8-9, 10-11:** 31 – 62+kg

**Youth Ages 12-13:** 35 – 69+kg **Teen Ages 14-15, 16-17:** 50 – 94+kg

**Teen Ages 18-19:** 56 – 114+kg **Junior Ages 20-23:** 56 – 114+kg **Senior/Open Ages 24-34:** 56 – 114+ kg **Sub**

**Masters &Masters**

**Lifting Schedule:** 9am Weightlifting followed by Powerlifting

**Awards:** REAL Sculptured Trophies First thru Third (MINIMUM) Best lifter awards in many divisions

**Fees:** ADULT LIFTERS \$70 for first division entered in power or weightlifting, \$30 crossover for each additional class

TEEN LIFTER \$40 for the first division \$30 crossover, for each additional class

All lifters must have a current AAU membership card \$24 adult \$14 youth

**SINGLET REQUIRED FOR POWERLIFTING, PREFERRED FOR WEIGHTLIFTING**

**AAU CARDS AVAILABLE ONLINE AT [WWW.AAUSPORTS.ORG](http://WWW.AAUSPORTS.ORG)**

**ALL CARDS MUST BE BOUGHT ONLINE PRIOR TO THE MEET AND PRESENTED AT WEIGH-INS/CHECK-IN!! AS PART OF THE CARD PROCESS, ALL AGE 20+ WILL HAVE A BACKGROUND CHECK PERFORMED – PROCESS CAN ADD A WEEK TO CARD APPROVAL. NOTE: CARD YEAR IS SEPT 1 – AUG 31!!!!**

**ENTRY DEADLINE IS 11 Jan 2018 - NO refunds!**

**Make checks or money orders payable to: KENEKE'S GRILL AT PUNALU'U, 53-138 KAMEHAMEHA HWY, PUNALU'U, HAWAII 96717**

**Or pay with debit or credit card 808-237-1010**