

WAIKANE CONGREGATIONAL CHURCH PRESENTS:
Saturday, January 11, 2020

2020 AAU HAWAII STATE CHAMPIONSHIP
Weightlifting, Powerlifting, Bench, Deadlift and Push-Pull



Date: January 11, 2020 lifting begins at 9am
Location: Waikane Congregational Church, 48-419 Kamehameha Hwy, Kaneohe, HI 96744

Weigh-ins Friday, 1/10/2020, 5 – 730 pm, early weigh-ins Sat, 1/11/2020, 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 \$60 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

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 04 Jan 2020 - 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