



AAU JUNIOR OLYMPIC GAMES WEIGHTLIFTING TENTATIVE COMPETITION SCHEDULE



THURSDAY, JULY 30, 2009

Thursday will be the arrival date for athlete check-in and the technical conference. Competition changes will be posted at the meet site. ALL ATHLETES PLEASE bring envelope with AAU card (a must for all competitors) and proof of age (birth certificate or driver's license) and starting weights to Kilos at weigh-in at the competition site.

Technical Conference will be held at 7:00 p.m. SHARP at HY-VEE HALL.

MINIMUM STARTING WEIGHT IS AT THE DISCRETION OF MEET DIRECTOR

FRIDAY, JULY 31, 2009

Age Group	Weight Class	Weigh-In	Lift
Open Work-Out	All	N/A	8:00am – 9:15am
11-U Boys	All	8:00am	10:00am
12-13 Boys	All	10:00am	12:00pm
14-15 Boys	All	12:00pm	2:00pm
Open Work-Out	All	N/A	The hour following competition

SATURDAY, AUGUST 1, 2009

Age Group	Weight Class	Weigh-In	Lift
Open Work-Out	All	N/A	8:00am – 9:15am
11-U & 12-13 Girls	All	8:00am	10:00am
14-15 & 16-17 Girls	All	10:00am	12:00pm
Open Work-Out	All	N/A	The hour following competition

SUNDAY, AUGUST 2, 2009

Age Group	Weight Class	Weigh-In	Lift
Open Work-Out	All	N/A	8:00am – 9:15am
16-17 Boys	All	8:00am	10:00am
18-19 Boys	56 - 77	10:00am	12:00pm
18-19 Boys	85 – 105 +	12:00pm	2:00pm
Open Work-Out	All	N/A	The hour following competition

