



**2010 AAU JUNIOR OLYMPIC GAMES
WEIGHTLIFTING
COMPETITION SCHEDULE
Updated 7/29/2010**

THURSDAY, JULY 29, 2010

Thursday will be the arrival date for athlete check-in and the technical conference. All participants (athletes and coaches) must check-in at the Virginia Beach Convention Center to receive their credentials at least the day prior to their competition. An open practice will be available on Thursday from 5:00 pm to 7:00 pm at Hickory High School. Athletes must have checked in prior to practice.

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 Hickory High School, Chesapeake, VA.

MINIMUM STARTING WEIGHT IS AT THE DISCRETION OF MEET DIRECTOR

FRIDAY, JULY 30, 2010

Age Group/Weight Class	Weigh-In	Lift
11 under boys (all)	8:00am	10:00am
12-13 boys (35kg – 50kg)	10:00am	12:00pm
12-13 boys (56kg – 69+kg)	12:00pm	2:00pm
14-15 boys (all)	2:00pm	4:00pm

SATURDAY, July 31, 2010

Age Group/Weight Class	Weigh-In	Lift
11 under girls (all)	8:00am	10:00am
12-13 girls (all)	10:00am	12:00pm
14-15, 16-17, 18-19 (all)	12:00pm	2:00pm

SUNDAY, AUGUST 1, 2010

Age Group / Weight Class	Weigh-In	Lift
16-17 boys (62kg – 77kg)	8:00am	10:00 am
16-17 boys (85kg – 105+kg)	10:00am	12:00pm
18-19 boys (all)	12:00pm	2:00pm