



2014 AAU JUNIOR OLYMPIC GAMES Des Moines, IA

STRENGTH SPORTS SCHEDULE

(subject to change)

Thursday, July 24, 2014

8:00 am – 4:00 pm	Powerlifting Athlete Check-In	Iowa Events Center (Room 312)
3:30 pm - 5:00 pm	Powerlifting Early Weigh-in for Friday	Hy-Vee Hall B

Friday, July 25, 2014

7:00 am - 8:30 am	Powerlifting Regular Weigh-In	Hy-Vee Hall B
9:00 am - 6:00 pm	Powerlifting Competition	Hy-Vee Hall B
8am-10am; 3pm-7pm	Weightlifting Athlete Check-In	Iowa Events Center (Room 312)
7:00 pm	Weightlifting Technical Meeting	Hy-Vee Hall B

Saturday, July 26, 2014

7:00 am – 7:00 pm	Weightlifting Weigh-Ins & Competition	Hy-Vee Hall B
-------------------	---------------------------------------	---------------

Final times and Sessions will be determined at Technical Meeting Friday, July 25, 2014, 7:00 p.m.

Session One	Boys 11 & U, Boys 12-13	Weigh-In: 7 am	Lift: 9 am
Session Two	Girls 11 & U, Girls 12-13	Weigh-In: 9 am	Lift: 11 am
Session Three	Girls 14-15, Girls 16-17, Girls 18-19	Weigh-In: 11 am	Lift: 1 pm
Session Four	Boys 14-15	Weigh-In: 1 pm	Lift: 3 pm
Session Five	Boys 16-17, Boys 18-19	Weigh-In: 3 pm	Lift: 5 pm

8am-10am; 1pm-6pm	All Sports Combine Athlete Check-In	Iowa Events Center (Room 312)
-------------------	-------------------------------------	-------------------------------

Sunday, July 27, 2014

9:00 am – 10:30 am	All Sports Combine Weigh-Ins/Bench Press Rack Height Check	Drake Stadium, Drake University
11:00 am	All Sports Combine Mandatory Rules Brief	Drake Stadium, Drake University
11:00 am	All Sports Combine Competition	Drake Stadium, Drake University

8am-12pm; 3pm-6pm	Feats of Strength Athlete Check-In	Iowa Events Center (Room 312)
-------------------	------------------------------------	-------------------------------

Monday, July 28, 2014

10:00 am – 11:30 am	Feats of Strength Weigh-Ins	Drake Stadium, Drake University
12:00 pm	Feats of Strength Mandatory Rules Brief	Drake Stadium, Drake University
12:00 pm	Feats of Strength Competition	Drake Stadium