



2015 AAU JUNIOR OLYMPIC GAMES Hampton Roads, VA

STRENGTH SPORTS SCHEDULE

(subject to change)

Competition will be held at the Chesapeake Conference Center, 900 Greenbrier Circle, Chesapeake, VA 23320. Athletes and coaches must check-in at the Virginia Beach Convention Center located at 1000 19th Street, Virginia Beach, VA 23451 to receive their athlete credential or coach wristband prior to competing.

Sunday, August 2, 2015

10:00 am – 6:00 pm	Powerlifting Athlete Check-In	Virginia Beach Convention Center
3:30 pm - 5:00 pm	Powerlifting Early Weigh-in for Friday	Chesapeake Conference Center

Monday, August 3, 2015

7:00 am - 8:30 am	Powerlifting Regular Weigh-In	Chesapeake Conference Center
9:00 am - 6:00 pm	Powerlifting Competition	Chesapeake Conference Center

8am-10am; 2pm-6pm	Weightlifting Athlete Check-In	Virginia Beach Convention Center
5:00 pm	Weightlifting Technical Meeting	Virginia Beach Convention Center
7:00 pm	Celebration of Athletes	Norfolk State University

Tuesday, August 4, 2015

Weightlifting Weigh-Ins & Competition	Chesapeake Conference Center
Warm-up area will open at 8:00 am. Competition will begin at 9:15 am.	

Final times and Sessions will be determined at Technical Meeting on Monday, August 3.

Session One	Boys 11 & Under	Weigh-In: 9 am	Lift: 11 am
Session Two	All Girls	Weigh-In: 11 am	Lift: 1 pm
Session Three	Boys 12-13	Weigh-In: 1 pm	Lift: 3 pm

Wednesday, August 5, 2015

Weightlifting Weigh-Ins & Competition	Chesapeake Conference Center
Warm-up area will open at 8:00 am. Competition will begin at 9:15 am.	

Final times and Sessions will be determined at Technical Meeting on Monday, August 3.

Session One	Boys 14-15	Weigh-In: 8 am	Lift: 10 am
Session Two	Boys 16 & Older	Weigh-In: 10 am	Lift: 12 pm

3:00 pm – 6:00 pm	All Sports Combine & Feats of Strength Athlete Check-In	Virginia Beach Convention Center
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Thursday, August 6, 2015

7:30 am – 9:00 am	All Sports Combine Weigh-Ins/Bench Press Rack Height Check	Chesapeake Conference Center
9:30 am	All Sports Combine Mandatory Rules Brief	Chesapeake Conference Center
9:30 am	All Sports Combine Competition	Chesapeake Conference Center
Immediately following Combine Conclusion: Feats of Strength Weigh-ins & Competition		Chesapeake Conference Center