



AAU Strength Sports Schedules

Powerlifting

Thursday, July 28, 2016

Early Weigh-in for Friday (age14-23) 3:30 pm - 5:00 pm

Friday, July 29, 2016 (14-23 years of age)

Regular Weigh-in (ages 14-23) 7:00 am - 8:30 am

Competition 9:00 am - 6:00 pm

Early Weigh-in for Friday (ages 6-13) 3:30 pm - 5:00 pm

Saturday, July 30, 2016 (6-13 years of age)

Regular Weigh-in (ages 6-13) 7:00 am - 8:30 am

Competition 9:00 am - 6:00 pm

Weightlifting

Sunday, July 31

11U Boys Weigh Ins 7:00 AM

11U Boys Session 9:00 AM

12-13 Boys Weigh Ins 9:00 AM

12-13 Boys Session 11:00 AM

15U Girls Weigh Ins 11:00 AM

15U Girls Session 1:00 PM

16+ Girls Weigh Ins 1:00 PM

16+ Girls Session 3:00 PM

Monday, August 1

16+ Boys Weigh Ins 7:00 AM

16+ Boys Session 9:00 AM

14-15 Boys Weigh Ins 10:00 AM

14-15 Boys Session 12:00 PM

All Sports Combine

Monday, August 1, 2016

Early Weigh-in 3:30 pm - 5:00 pm

Tuesday, August 2, 2016

Weigh-in 7:30 am – 9:00 am

Competition MANDATORY RULES BRIEF 9:30 am