

# Powerlifting

**DATE:** Saturday, August 1, 2015

**TIMES:**

**Equipment check and weigh-in:** 7-8:30 a.m.

**Lifting begins:** 9 a.m.

**SITE:** Lincoln Christian School (5801 S 84th St, Lincoln)

**ELIGIBILITY:** Prior to entering, please refer to the SGA 2015 Eligibility Requirements found at [SGA2015.com/Eligibility](http://SGA2015.com/Eligibility).

**LICENSE:** This event is licensed by AAU. All lifters must be AAU registered lifters. Lifters must register prior to the meet for an annual membership with AAU for a fee of \$32 for adults, \$12 for youth and teenage lifters. Lifters can get their membership online at [http://aausports.org/sprt\\_Powerlifting.asp?a=pg\\_membership.htm](http://aausports.org/sprt_Powerlifting.asp?a=pg_membership.htm). **Lifters must get their AAU membership at least two days prior to the meet to allow for the background checks.** Memberships will not be available at the meet.

**DRUG TESTING WILL BE CONDUCTED.** All lifters must sign the "Release from Liability and Consent to Drug Test" form at the time of weigh-ins.

**AWARDS:** Custom State Games of America gold, silver and bronze medals will be awarded to the top three finisher in each division/weight class.

## EVENTS

Event Name	Event Code	Event Name	Event Code
<u>Male Powerlifting</u>		<u>Female Powerlifting</u>	
Youth 10-13 Years	1	Youth 10-13 Years	16
Teen 14-19 Years	2	Teen 14-19 Yearss	17
Open	3	Open	18
Master 40 & Over	4	Master 40 & Over	19
Special Olympics	5	Special Olympics	20
<u>Male Benchpress</u>		<u>Female Benchpress</u>	
Youth 10-13 Years	6	Youth 10-13 Years	21
Teen 14-19 Years	7	Teen 14-19 Years	22
Open	8	Open	23
Master 40 & Over	9	Master 40 & Over	24
Special Olympics	10	Special Olympics	25
<u>Male Push Pull</u>		<u>Female Push Pull</u>	
Youth 10-13 Years	11	Youth 10-13 Years	26
Teen 14-19 Years	12	Teen 14-19 Years	27
Open	13	Open	28
Master 40 & Over	14	Master 40 & Over	29
Special Olympics	15	Special Olympics	30

## COMPETITION FORMAT

**RULES:** Meet will be conducted using kilogram weights. Rules will be those of AAU Powerlifting. Youth and Teenage lifters may wear t-shirts with sleeves and shorts that are above the knee. Adult lifters must wear one-piece lifting suits. For more information on these rules and equipment guidelines, visit [http://aausports.org/sprt\\_Powerlifting.asp](http://aausports.org/sprt_Powerlifting.asp). Information on banned substances may be obtained by calling the USOC Drug Testing Hotline at 1-800-233-0393.

### WEIGHT CLASSES:

**Men:** 114, 123, 132, 148, 165, 181, 198, 220, 242, 275 & 275, 308 & 308+

**Additional Youth Boys:** 66, 77, 88, 97, 105

**Women:** 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, & 220+

**Additional Youth Girls:** 66, 77, 88



**NOTES:**

- Age determined as of August 1, 2015.
- The Schwartz/Malone and McCullough formulas may be used to determine placing.
- Director reserves the right to combine and split divisions if the number of entries warrants.
- Raw lifting is leather belt with buckle or lever only, wrist wraps, and single ply neoprene knee sleeves with no method of tightening. No supportive suit or knee wraps.
- If the RAW division is not listed on the entry form then the lifter will be entered as Equipped.

**REGISTRATION FEES & DEADLINES**

**IF REGISTERED BY THE DISCOUNT DEADLINE OF MONDAY, JUNE 1:**

First Event: \$40 per participant

Additional Events: \$15 per participant

**IF REGISTERED BETWEEN JUNE 2 AND JULY 1:**

First Event: \$45 per participant

Additional Events: \$15 per participant

**FINAL REGISTRATION DEADLINE – WEDNESDAY, JULY 1:**

The final registration deadline for most sports is Wednesday, July 1. Some sports will accept late registrations with an additional \$10 late fee.

**MULTI-EVENT DISCOUNT NOTE:** If registering for multiple events, all entries must occur in the same transaction to receive the multi-event discount.

**NOTE:** On-site registrations WILL NOT be accepted.

**ENTRY FEE INCLUDES:** 2015 State Games of America athlete shirt, free admission to the Opening Ceremonies and Athlete Village(s) and other sponsored items in the athlete packet.

**FURTHER INFORMATION**

**Sport Specific Questions:** Powerlifting Director Howard Huffman at (402) 464-6823 or [badssquat@gmail.com](mailto:badssquat@gmail.com). Nebraska AAU information at [www.aau-ne.com](http://www.aau-ne.com).

**Online Registration/Website Questions:** Contact the Cornhusker State Games office at 402-471-2544 or [info@sga2015.com](mailto:info@sga2015.com).

*All dates, times, locations and formats are tentative at this time. The Nebraska Sports Council reserves the right to make changes to the sport information noted on this page. Some dates, locations and times may change due to registration numbers. Participants are encouraged to check sport info often for any changes.*