



# FEATS OF STRENGTH

**August 5 - August 6, 2015**  
**Chesapeake Conference Center**  
**Chesapeake, VA**

**This is an open  
event. No  
pre-qualification  
required!**

**Athletes can enter  
one or multiple  
events.**

**\$48 per athlete**

**Five events test  
strength, agility, and  
endurance**

**Events Include:**

- Repetition Deadlift
- Farmers Walk
- Tire Flip
- Medicine Ball Throw
- Bobsled Push

**BOYS/ GIRLS AGES:**

Kids - 6-7, 8-9, 10-11;

Youth - 12-13;

Teenage - 14-15, 16-17,  
18-19 ;

Junior - 20-23



**The largest national multi-sport event for  
youth in United States is coming to Virginia  
this summer!**

**[WWW.AAUJROGAMES.ORG](http://WWW.AAUJROGAMES.ORG)**

**This event is licensed by the AAU. All participants must be AAU members. Visit [www.aaurogames.org](http://www.aaurogames.org) to join.**