

- Eleventh Annual 2014 AAU Triple Crown Classic
2014 AAU East Coast Single Lift Bench Press
2014 AAU East Coast Single Lift Deadlift Classic
2014 AAU East Coast Push-Pull Classic



INFORMATION SHEET

Friday, June 6 & Saturday, June 7, 2014

Richmond, VA

MAXIMUM OF 100

VIRGINIA POWERLIFTING ASSOCIATION, INC.

Judy Wood at 804-559-4624 or Jill Meads at 804-730-8810 – Vapowerlifting@aol.com

ENTRY DEADLINE : June 1, 2014

WEIGHT CLASS : Women 66, 77, 88, 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 220+
Men 66, 77, 88, 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, 308+

DIVISIONS : Youth / Teenage / Junior / Open (ALL AGES) / Sub-Masters / Masters
Law-Fire-Military / Master Lifetime / Special Athletes

LIFTING ATTIRE : One-piece lift suit (wrestling singlet) is mandatory for all lifters.

WEIGH-IN : All athletes will weigh in on Friday, June 6th – 4:30 to 6:00 p.m. or Saturday, June 7th
6:00 to 7:30 a.m. at J.R. Tucker High School, 2920 Parham Road, Henrico, VA 23294

RULES BRIEFING : Saturday, June 7th 8:00 a.m. (Full meet, push-pull and deadlift)

LIFTING STARTS : 9:00 a.m.

CONTEST : Full meet (squat, bench, and deadlift), single lift bench, push-pull, deadlift
- Raw & Equipment - AAU rules apply
-- Mandatory equipment check at registration -- Kilogram plates will be used on the platform

AWARDS : Individuals: 1st – 3rd in all divisions, weight classes & crossovers

RECORDS : American records only may be set at this meet.

DRUG TESTING : This is a drug-free Meet. Athletes may be tested during or after the meet.

ENTRY FEE : \$60 --EACH CROSSOVER: \$35 --
NO REFUNDS -- NO ENTRY AFTER June 1, 2014 -- NO EXCEPTIONS!

LOCATION : J. R. Tucker High School, 2920 Parham Road, Henrico VA 23294

ELIGIBILITY : All contestants must be a current 2014 AAU member. Cards **HAVE TO BE PURCHASED ON-LINE** through AAUsports.org website. All coach's must have a membership card.

Note: Annual memberships expire August 30th of each year. Adults: \$32 Ages 19 & under: \$12

RULES : All AAU rules apply. See www.ausports.org -- Click on Handbook

- This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect.

- Participants are encouraged to visit the AAU web site www.ausports.org to obtain their membership.