



Powerlifting

July 24– July 25, 2014

Iowa Events Center

Des Moines, IA

The largest national multi-sport event for youth in the United States is coming to Des Moines, IA this summer!

Entry Deadline: Wednesday, July 16, 2014

This is a World event. The AAU Junior Olympic Games allows lifters to officially lift and set world records.

AGES:

Kid Strong - 6-7, 8-9, 10-11;

Youth - 12-13;

Teenage - 14-15, 16-17,

18-19 ;

Junior - 20-23



Ages 6-23

(Full Power, Bench Press, Push-Pull, Single Lift Deadlift)

\$60 for 1 event, \$100 for 2 events, \$140 for 3 events, \$180 for 4 events

For Information:

www.aaujrogames.org or [CLICK HERE](#)