

**Thirteenth Annual 2016 AAU Triple Crown Classic
2016 AAU East Coast Single Lift Bench Press
2016 AAU East Coast Single Lift Deadlift Classic
2016 AAU East Coast Push-Pull Classic**



INFORMATION SHEET

Saturday, June 4, 2016

Richmond, VA

MAXIMUM OF 100



**VIRGINIA POWERLIFTING ASSOCIATION, INC.
Judy Wood at 804-559-4624– Judi6108@aol.com**

ENTRY DEADLINE: May 30, 2016

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 3rd – 4:30 to 6:00 p.m. or Saturday, June 4th
6:00 to 7:30 a.m. at J.R. Tucker High School, 2920 Parham Road, Henrico, VA 23294

RULES BRIEFING: Saturday, June 4th 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 May 30, 2016** -- **NO EXCEPTIONS!**

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

ELIGIBILITY: All contestants must be a current 2016 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.aausports.org -- Click on Handbook

- This event is licensed 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.aausports.org to obtain their membership.