



# Powerlifting

**July 24 - July 26, 2013**

**Cobo Center, Detroit, MI**

**The largest national multi-sport event for youth in the United States is coming to Detroit, MI this summer!**

**Entry Deadline: Wednesday, July 17, 2013**

This is a World event. The AAU Junior Olympic Games is the only world event juniors can 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)**

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

**For Information:**

**[www.aaujrogames.org](http://www.aaujrogames.org) or [CLICK HERE](#)**



# FOS All-Sports Combine

The largest national multi-sport event for youth in the United States is hosting a new event this year!

FOS All-Sports Combine makes its first appearance at the AAU Junior Olympic Games in Detroit, MI this summer with opportunities for all ages!

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

Five events test strength, speed, and athletic ability

**Events Include:**

- 40-yd sprint
- Standing long jump
- Strict Pull-ups
- Repetition Bench Press
- Repetition Power Clean



**BOYS/ GIRLS AGES:**

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

**Youth** - 12-13;

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

**Junior** - 20-23

**Athletes can enter one or multiple events**

**July 27, 2013**

**Cobo Center  
Detroit, MI**

For Registration & General Information, Visit:

**[www.aaujrogames.org](http://www.aaujrogames.org) or [CLICK HERE](#)**

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