

- Tenth Annual 2013 AAU Triple Crown Classic
2013 AAU East Coast Single Lift Bench Press & Deadlift Classic
2013 AAU East Coast Push-Pull Classic



INFORMATION SHEET

Saturday, June 29, 2013 (1 day only)
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, 2013

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 28th – 4:30 to 6:00 p.m. or Saturday, June 29th
6:00 to 7:30 a.m. at Magnuson Grand Hotel, 6531 W. Broad Street, Richmond, VA 23230

RULES BRIEFING : Saturday, June 29th 8:00 a.m. 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, 2013 -- NO EXCEPTIONS!

LOCATION : Magnuson Grand Hotel, 6531 W. Broad Street, Richmond, VA 23230

ELIGIBILITY : All contestants must be a current 2013 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.