

KALAMA VALLEY ASSEMBLY OF GOD PRESENTS:
Saturday, September 14, 2012

**HAWAII STATE A.A.U. Hawaii State Powerlifting
Push/Pull and Single Bench or Deadlift Championships**

**KENEKE'S GRILL at PUUNALU'U
53-138 KAMEHAMEHA HWY PUNALU'U HAWAII 96730**

YOU MAY, EITHER POWERLIFT, BENCH, DEADLIFT OR PUSH/PULL OR ALL COMBINATIONS!

Testing: Drug Tested Event! National Center for Drug Free Sport and Politics free

Eligibility: Must be a current member of the AAU

Divisions: All weight classes listed below are provided in all divisions for **both men and women. Both Raw and equipped**
Youth (6-7,8-9,10-11,12-13) **Raw Teen** (14-15,16-17,18-19), **Teen** (14-15,16-17,18-19) **Junior** (20-23) **Open, Sub-**
Masters (35-39) **Masters** 40-44,45-49 etc. in 5 year, **Lifetime Masters, Raw Youth, Raw Teen, Raw Junior,**
Raw Open, Raw Sub masters, Raw Masters (40-44,45-49 etc. in 5 year increments) **Raw Lifetime Masters** (5
Yrs.) **Law/Fire** (active, retired), **Military** (active, retired, reserves), **Disabled by weight and age**
Blind/Dwarf/Wheel Chair

Weight Classes: Men: + Youth 66, 77, 88, 97, 105 ALL 114,123,132,148,165,181,198, 220, 242, 275,308, 308+
Women: Youth 66, 77, 88, ALL 97,105 114,123,132,148,165,181,198,198 220, 220+

Weigh-ins: Early weigh-ins: 6 to 8pm 13 JAN 2012 or Morning weigh-ins: 7 to 8am 14 JAN 12.
See lifting schedule RULES briefing 8:30am 14 Jan 2012

Tentative Lifting Schedule:

9am all squats start
10am all benching
1:30pm all dead lifting

Awards: REAL Sculptured Trophies

Fees: \$50 for first division entered \$40 crossover, for each additional class

All lifters must have a current AAU membership card \$32 adult \$14 youth

AAU CARDS AVAILABLE ONLINE AT WWW.AAUSPORTS.ORG

ALL CARDS MUST BE BOUGHT ONLINE PRIOR TO THE MEET AND PRESENTED AT WEIGH-INS/CHECK-IN!!

ENTRY DEADLINE IS 8 JAN 2012 - NO refunds!

Make checks or money orders payable to:

KENEKE'S GRILL AT PUNALU'U

53-138 KAMEHAMEHA HWY PUNALU'U, HAWAII 96730

E-MAIL: KENEKES@HAWAII.RR.COM

MEET WILL BE CAPPED AT 50 LIFTERS

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