

# Powerlifting

**DATE & TIME:** Saturday, June 26. Equipment check and weigh-in at 7:00-8:30 a.m. Lifting begins at 9:00 a.m.

**SITE:** Lincoln Christian School, 5801 South 84th Street, Lincoln

**SANCTION:** This event will be sanctioned by AAU. All lifters must be AAU registered lifters. Lifters must register prior to the meet for an annual membership with AAU for a fee of \$32 for adults, \$12 for youth and teenage lifters.

**Note: Registration will not be available on-site the day of the meet!** Lifters can get their membership on-line at [http://aausports.org/sprt\\_Powerlifting.asp?a=pg\\_membership.htm](http://aausports.org/sprt_Powerlifting.asp?a=pg_membership.htm)

**DRUG TESTING WILL BE CONDUCTED.** All lifters must sign the "Release from Liability and Consent to Drug Test" form at the time of weigh-ins.

## Event Name

### Male Powerlifting

Youth 10-13 yrs.  
Teen 14-19 yrs.  
Open  
Master 40 & Over  
Special Olympics

### Male Benchpress

Youth 10-13 yrs.  
Teen 14-19 yrs.  
Open  
Master 40 & Over  
Special Olympics

### Iron Man (Bench & Deadlift Total)

Youth 10-13 yrs.  
Teen 14-19 yrs.  
Open  
Master 40 & Over  
Special Olympics

## Event Name

### Female Powerlifting

Youth 10-13 yrs.  
Teen 14-19 yrs.  
Open  
Master 40 & Over  
Special Olympics

### Female Benchpress

Youth 10-13 yrs.  
Teen 14-19 yrs.  
Open  
Master 40 & Over  
Special Olympics

### Iron Woman (Bench & Deadlift Total)

Youth 10-13 yrs.  
Teen 14-19 yrs.  
Open  
Master 40 & Over  
Special Olympics

**NOTES:** Age determined as of June 26, 2010. The Schwartz/Malone and McCullough formulas may be used to determine placing. Director reserves the right to combine and split divisions if the number of entries warrants. Raw lifting is belt only. No supportive suit or wraps. If the RAW division is not listed on the entry form then the lifter will be entered as Equipped.

## WEIGHT CLASSES:

Men's weight classes: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275 & 275, 308 & 308+

Women's weight classes: 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, & 220+

Additional Youth Boy's weight classes: 66, 77, 88, 97, 105

Additional Youth Girl's weight classes: 66, 77, 88

**RULES:** Meet will be conducted using kilogram weights. Rules will be those of AAU Powerlifting. Youth and Teenage lifters may wear T-Shirts with sleeves and shorts that are above the knee. Adult lifters must wear one-piece lifting suits. For more information on these rules and equipment guidelines, log on to [http://aasports.org/sprt\\_Powerlifting.asp](http://aasports.org/sprt_Powerlifting.asp). Information on banned substances may be obtained by calling the USOC Drug Testing Hotline at 1-800-233-0393.

**ENTRY FEE:** \$28 for first event, \$15 for each additional event if entered by May 31. \$5 late fee if received between June 1 and June 24. Entry fee includes athlete T-shirt, passes to SportFest and the Opening Ceremonies and a copy of the Nebraska Sports Council Yearbook.

**STATE GAMES OF AMERICA:** Powerlifting medal winners will automatically qualify for the 2011 State Games of America in San Diego, CA. For more information about the State Games of America and how to qualify, visit [StateGames2011.com](http://StateGames2011.com) or call (619) 223-2033.

**REGISTER AND WIN BIG!** As if the greatest sports participation experience in Nebraska weren't enough, all registered athletes in the Cornhusker State Games will be entered in the CSG Grand Prize Drawing. The top prize is a free one-year lease on a Mazda 5 from Anderson Auto Group! Second prize is free airfare for two to any Midwest Airlines destination. To encourage early entry, Borsheim's has donated a diamond and gold pendant valued at \$1,800, which will be awarded to one of the first 5,000 entrants. Those entering multiple sports receive one chance for each sport entered, so enter early and often!

**CHOOSE PACKET SHIPPING:** Packet shipping (\$5 Individual, \$10 Team/Doubles) allows you to receive your shirt(s), yearbook(s), event pass(es) and sponsor gifts more than a week before the Opening Ceremonies. Choosing this option means saving time and avoiding hassles like waiting in line or running across town between games. Those not choosing the shipping option may pick up athlete packets at the following locations/times:

Wednesday, June 16, 8 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.  
Thursday, June 17, 8 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.  
Friday, June 18, 8 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.  
Saturday-Sunday, June 19-20, 7 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.

Wednesday, June 23, 8 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.  
Thursday, June 24, 8 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.  
Friday, June 25, 4 p.m. – 7 p.m. SportFest, 7600 A St.  
Saturday-Sunday, June 26-27, 7 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.

**NOTE:** Packets will not be available for pick up at the competition site.

**OPENING CEREMONIES/SPORTFEST:** The always popular Opening Ceremonies on Friday, June 25 will again be preceded by SportFest, a party with all the trimmings including inflatable/carnival games, interactive displays, music and free dinner for registered athletes. Find all the details under the Special Events tab at [CornhuskerStateGames.com](http://CornhuskerStateGames.com) or call 402-471-2544 for more information.

**FOR FURTHER INFORMATION:** Powerlifting Director Howard Huffman (402) 464-6823 or e-mail [badsquatch@gmail.com](mailto:badsquatch@gmail.com). Nebraska AAU information at [www.aau-ne.com](http://www.aau-ne.com).