

National Office AAU
Strength Sports
Cold Iron PushPull Challenge
May 10, 2025

Hosted by Youth Empowered Sports Club
Youth Empowered Sports Club, SOLVANG, CA

AGE GROUPS:	20-23 Yrs Old, 24-34 Yrs Old, 6 & 7 Yrs Old, 35-39 Yrs Old, 8 & 9 Yrs Old, 10 & 11 yrs Old, 40-44 Yrs Old, 12 & 13 Yrs Old, 12 & 13 Yrs Old, 45-49 Yrs Old, 14 & 15 Yrs Old, 50-54 Yrs Old, 16 & 17 Yrs Old, 55-59 Yrs Old, 18 & 19 Yrs Old, 60-64 Yrs Old, 65-69 Yrs Old, 70-74 Yrs Old, 75-79 Yrs Old, 80-84 Yrs Old, 85-89 Yrs Old, 90 + Yrs Old, 16 & 17 Yrs Old, 18 & 19 Yrs Old, 20U, 20-23 Yrs Old, 24-34 Yrs Old, 40-44 Yrs Old, 45-49 Yrs Old, 50-54 Yrs Old, 55-59 Yrs Old, 60-64 Yrs Old, 65-69 Yrs Old, 70-74 Yrs Old, 80-84 Yrs Old,
ENTRY FEE:	\$25.00
ENTRY FEE PAYABLE TO:	Youth Empowered Sports Club
ENTRY DEADLINE:	May 09, 2025
AWARDS:	medals to 3rd place
RULES:	AAU Strength Sports rules

FOR MORE INFORMATION:
Lynne Weston Castellanos
Lynnecastellanos@hotmail.com

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 connection.

BE PREPARED: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at the event. Please allow up to 10 days for memberships to be processed.

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