

Powerlifting



Register online at CornhuskerStateGames.com

GENERAL INFORMATION

DATE: Saturday, July 20, 2019

TIMES:

Equipment check and weigh-in: 7-8:30 a.m.

Lifting begins: 9 a.m.

SITE: Lincoln Northeast High School

SPONSORED BY:



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 \$24 for adults, \$14 for youth and teenage lifters. Lifters can get their membership online at http://aausports.org/sprt_Powerlifting.asp?a=pg_membership.htm. **Lifters must get their AAU membership at least 2 days prior to the meet to allow for the background checks.** Memberships will not be available at the meet.

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.

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, visit http://aausports.org/sprt_Powerlifting.asp. Information on banned substances may be obtained by calling the USOC Drug Testing Hotline at 1-800-233-0393.

WEIGHT CLASSES:

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

Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, & 220+

Youth Boys: 66, 77, 88, 97, 105

Youth Girls: 66, 77, 88

NOTES:

Age determined as of July 20, 2019.

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 leather belt with buckle or lever only, wrist wraps, and single ply neoprene knee sleeves with no method of tightening. No supportive suit or knee wraps.

If the RAW division is not listed on the entry form then the lifter will be entered as Equipped.

EVENTS

Event Name	Event Code	Event Name	Event Code
<u>Male Powerlifting</u>		<u>Female Powerlifting</u>	
Youth 10-13 Years	1	Youth 10-13 Years	16
Teen 14-19 Years	2	Teen 14-19 Years	17
Open	3	Open	18
Master 40 & Over	4	Master 40 & Over	19
Special Olympics	5	Special Olympics	20
<u>Male Benchpress</u>		<u>Female Benchpress</u>	
Youth 10-13 Years	6	Youth 10-13 Years	21
Teen 14-19 Years	7	Teen 14-19 Years	22
Open	8	Open	23
Master 40 & Over	9	Master 40 & Over	24
Special Olympics	10	Special Olympics	25
<u>Male Push Pull</u>		<u>Female Push Pull</u>	
Youth 10-13 Years	11	Youth 10-13 Years	26
Teen 14-19 Years	12	Teen 14-19 Years	27
Open	13	Open	28
Master 40 & Over	14	Master 40 & Over	29
Special Olympics	15	Special Olympics	30

ATHLETE PACKETS & TEAM BOXES

Choose the Shipping Option and get a Free Arby's Sandwich!

Save time, avoid hassles and receive your CSG gear more than a week before the Opening Ceremonies by shipping your athlete packet (\$10) or team box (\$15). Athlete packets contain the athlete shirt and Super Pass. Athlete packets will begin to ship in June. The packet shipping option will only be available for those registered by the final entry deadline. If you don't choose the shipping option, you will need to pick up your athlete packet or team box.

JOIN US AT SPORTFEST AND OPENING CEREMONIES ON JULY 19!

Make plans to join us on Friday, July 19 at Lincoln East High and Seacrest Field for SportFest and the Opening Ceremonies!

SportFest | 4:30 – 7 p.m. | Lincoln East High School

SportFest is the pre-Opening Ceremonies party for Athletes and their families and includes a free meal for anyone with a Super Pass. Meal is provided by Arby's, Pepsi, Frito-Lay and Hiland Dairy.

Opening Ceremonies | 8 p.m. | Seacrest Field

Program includes: Parade of Athletes, Skydivers (Lincoln Sport Parachute Club), Introductions, Presentation of Colors (Nebraska National Guard), National Anthem, Oath of Athletes, Mascot Showcase/Shirt Cannons, Featured Entertainment, Torch Lighting Ceremony (Mystery Torchlighter), Fireworks, Photos/Autographs and more.

REGISTRATION FEES & DEADLINES

For pricing and dates, please check the Powerlifting web page.

MULTI-EVENT DISCOUNT NOTE: If registering for multiple events, all entries must occur in the same transaction to receive the multi-event discount.

ENTRY FEE INCLUDES: Competition in the 2019 Cornhusker State Games; White cotton athlete shirt (micro-fiber or soft cotton lightweight tri-blend upgrade available); Pass for free admission to SportFest, the Opening Ceremonies, and all competition venues; Sponsor gifts and coupons.

PAPER ENTRY FORMS: Paper entry forms will be accepted with a \$5 processing fee. Registering online at CornhuskerStateGames.com saves time, money and trees.

FURTHER INFORMATION

Sport Specific Questions: Contact Powerlifting CO-Director Howard Huffman at 402-464-6823 or badssquat@gmail.com or CO-Director Katey Dodge at kdodge423@hotmail.com. Nebraska AAU information at www.aau-ne.com.

Online Registration/Website Questions: Contact the Cornhusker State Games office at 402-471-2544 or info@nebraskasportscouncil.com.