

# Powerlifting



*Register online at [CornhuskerStateGames.com](http://CornhuskerStateGames.com)*

## GENERAL INFORMATION

**DATE:** Saturday, July 18, 2020

**TIMES:**

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

**Lifting begins:** 9 a.m.

**SITE:** Lincoln Northeast High School

**SANCTION:** This event will be licensed 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](http://aausports.org/sprt_Powerlifting.asp?a=pg_membership.htm). **Lifters must get their AAU membership at least 10 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](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 18, 2020.

The Wilks 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.

**SPONSORED BY:**



## 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
Team Competition	31		

## JOIN US AT SPORTFEST AND OPENING CEREMONIES ON JULY 17!

For more information regarding Sportfest and Opening Ceremonies, please refer to Opening Ceremonies web page.

## ATHLETE PACKETS & TEAM BOXES

Due to COVID-19, all athlete packets will be shipped. A shipping fee of \$5 (Individuals) or \$15 (Teams) will be added upon checkout. Packets include athlete shirt and one free Arby's sandwich certificate per person. Athletes will receive their packet prior to competition.

## 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 2020 Cornhusker State Games; White cotton athlete shirt (micro-fiber or soft cotton lightweight tri-blend upgrade available); 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 Director Katey Dodge at [kdodge423@hotmail.com](mailto:kdodge423@hotmail.com). Assistant Director Howard Huffman at 402-464-6823 or [badquat@gmail.com](mailto:badquat@gmail.com) Nebraska AAU information at [www.aau-ne.com](http://www.aau-ne.com).

**Online Registration/Website Questions:** Contact the Cornhusker State Games office at 402-471-2544 or [info@nebraskasportscouncil.com](mailto:info@nebraskasportscouncil.com).