

# CALIFORNIA SPRING CHAMPIONSHIPS 2025

Powerlifting | Weightlifting



**Saturday & Sunday, May 17-18, 2025 @ Thompson Jr. High Gym, 4200 Planz Road, Bakersfield, CA 93309**

**Testing:** Any athlete entered may be subjected to drug testing per the AAU Policies and procedures.

**Eligibility:** Must be a current member of the AAU.

**Divisions:** Youth (5,6-7,8-9,10-11,12-13) Teen (14-15,16-17,18-19), Junior (20-23), Open, Sub-Master (35-39), Masters (40-44,45-49 etc. in 5-year increments), Lifetime Masters

**Powerlifting & Weightlifting Weight Classes (kg)**

**Women:** 30, 35, 40, 44, 47.5, 52.5, 60, 67.5, 75, 82.5, 90, 100, 100+

**Men:** 30, 35, 40, 44, 47.5, 52.5, 60, 67.5, 75, 82.5, 90, 100, 110, 125, 140, 140+

**SUPER TOTALS: Must enter & compete in both Powerlifting & Weightlifting!**

**Weigh-ins:** Early weigh-ins: 6:00-8:00 p.m. Friday evening. Regular weigh-ins: 7:00 - 7:30 a.m. the morning of the event. Rack heights will be determined during weigh-in times.

**Final Lifting Schedule will be determined 2 weeks before event**

Saturday: Powerlifting on both Red and Blue Platforms

Sunday: Weightlifting on both Red and Blue Platforms

Saturday, Powerlifting Session Schedule: **Session 1** 9am-12pm; **Session 2** 12pm-3pm; **Session 3** 3pm-6pm

Sunday, Weightlifting Session Schedule: **Session 1** 8am-10am; **Session 2** 10am-12pm; **Session 3** 12pm-2pm

**Awards:** Medals First through Fourth Place. Awards will be given out 10 minutes after each session ends.

**Fees:**

◇ Youth/Teen lifters (5-19yo): \$30 for first division entered, \$15 crossover for each additional class.

◇ Junior/Adult lifters: \$50 for first division entered, \$25 crossover for each additional class.

**Entry Deadline is May 3, 2025**

**Venmo @BryanBowens or you can Zelle Payments to [information@juanatas-bowens.com](mailto:information@juanatas-bowens.com)**

**Please make check/cashier's check/money orders payable to:**

Team Juanatas-Bowens

P.O. Box 21552

Bakersfield, CA 93390

- This event is sanctioned by the Amateur Athletic Union of the U.S., Inc.
  - All participants must have a current AAU membership.
  - AAU membership is not included as part of the entry fee to the event.
- Participants are encouraged to visit the AAU web site [www.ausports.org](http://www.ausports.org) to obtain their membership at least 14 days prior to event.