



JUNIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIP

Friday, May 30th - Sunday, June 1st

Camp Margaritaville, Auburndale, FL

Registration Opens: March 1st

Registration Closes: May 16th

Female Weight Classes (kg):

12-13 yrs 35, 39, 44, 48, 53, 58, 63, 69, 75, 82, 82+

14-15 yrs 39, 44, 48, 53, 58, 63, 69, 75, 82, 82+

16-17 yrs 44, 48, 53, 58, 63, 69, 75, 82, 90, 90+

18-19 yrs 48, 53, 58, 63, 69, 75, 82, 90, 90+

Male Weight Classes (kg):

12-13 yrs 39, 44, 50, 56, 62, 69, 77, 85, 94, 94+

14-15 yrs 44, 50, 56, 62, 69, 77, 85, 94, 105, 105+

16-17 yrs 50, 56, 62, 69, 77, 85, 94, 105, 114, 114+

18-19 yrs 56, 62, 69, 77, 85, 94, 105, 114, 114+

Evening Weigh-Ins (Thurs-Sat): 6pm - 8pm

Morning Weigh-Ins (Fri-Sun): 7am - 8am

* All athletes must weigh-in the day of competition or the evening before they compete

Doors Open For Spectators: 8am

Lifting Begins: 9am

Tournament Registration: \$65.00

Spectator: \$12.00

The lifting schedule will be assigned and given by Friday, May 23rd.

Olympic Lifts/Disciplines: Snatch and Clean & Jerk

Awards: 1st-3rd in each weight class. Awards will be given at the end of each session.

Eligibility: Open to ALL AAU lifters. This meet is sanctioned by AAU and all entrants must be registered with AAU. Registration can only be done online prior to the meet.

Coaches: All coaches must have either an AAU membership or USAW certification. Adult and Non Athlete memberships are no longer instant and cannot be applied for at the event. Please allow two weeks for memberships to be processed.

Equipment Check: During weigh-ins

Technical Meetings: 7:30 - 8:00am (Fri-Sun)

AAU Membership Registration: www.aausports.org

Tournament Registration: www.premierathleticevents.com (spectators pay at arrival)

Attractions: Legoland (15 miles), Disney World (30 mi), Epcot (34 mi), Universal Studios (42 mi), SeaWorld (38 mi), & Busch Gardens (47 mi)

Additional Hotels: Best Western Auburndale Inn & Suites or many more options in Lakeland and Winter Haven, FL