

**Hawaiian AAU**  
**Powerlifting**  
**2020 HiFitExpo Feats of Strength**  
**April 5, 2020**

**Hosted by Daartts-Hawaii**  
**DAARTTS-HAWAII, Honolulu, HI**

- AGE GROUPS:** 20-23 Yrs Old, 5 & under, 5 & under, 24-34 Yrs Old, 6 & 7 Yrs Old, 6 & 7 Yrs Old, 35-39 Yrs Old, 8 & 9 Yrs Old, 8 & 9 Yrs Old, 10 & 11 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, 14 & 15 Yrs Old, 50-54 Yrs Old, 16 & 17 Yrs Old, 16 & 17 Yrs Old, 55-59 Yrs Old, 18 & 19 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, 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, 90 + Yrs Old
- ENTRY FEE:** \$35.00
- ENTRY FEE PAYABLE TO:** Daartts-Hawaii
- ENTRY DEADLINE:** March 28, 2020
- AWARDS:** Medals will be awarded for 1st, 2nd and 3rd places.
- RULES:** Feats of Strength rules for Max 1 min Reps; Bench Press, Power Cleans, and Deadlift.
- ADDITIONAL INFO:** Email Event director to request entry form.

**FOR MORE INFORMATION:**

Donald Lee Crowder  
donny@daartts-hawaii.org

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](http://www.aausports.org) to obtain their membership.