

COLD IRON
Full Power Challenge
Sunday, January 29, 2023
Cold Iron Barbell
320 Alisal Rd. Solvang, CA 93463



AGE GROUPS: All Ages

ENTRY FEE: \$40 for the first division entered, \$25 for crossover for each additional class.

ENTRY DEADLINE: January 18, 2023

AWARDS: Medals for top 3

RULES: Current AAU Strength Sports Rules

ENTRY FEES PAYABLE TO: Youth Empowered Sports Club

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 membership to be processed.

Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

FOR MORE INFORMATION:
Lynne Castellanos
(805)267-6272
Lynnecastellanos@hotmail.com