

# AAU Junior Olympics 2026



**Wednesday July 29, 2026, through Friday July 31, 2026**

**The MidAmerican Energy Company RecPlex 6500 Grand Ave, West Des Moines, IA 50266**

**Contact Meet Director: Bryan Bowens at [Bryan.Bowens@TeamJuanatas-Bowens.org](mailto:Bryan.Bowens@TeamJuanatas-Bowens.org) or at 661-770-7280**

**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.

**Rules:** AAU Powerlifting, AAU Weightlifting, AAU Feats of Strength, and AAU Kettlebell Rules

**Divisions:** Youth (5 and under, 6-7,8-9,10-11,12-13) Teen (14-15,16-17,18-19), Junior (20-23)

**Kettlebell, Powerlifting, Weightlifting, Feats of Strength weight classes (kg)**

**Women:** 20, 25, 30, 35, 40, 44, 48, 52, 60, 67.5, 75, 82.5, 90, 100, 110, 110+

**Men:** 20, 25, 30, 35, 40, 44, 48, 52, 60, 67.5, 75, 82.5, 90, 100, 110, 125, 140, 140+

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

**Weigh-ins:** Regular weigh-ins will the morning of the event. Rack heights will be determined during weigh-in.

**Awards:**

Medals first through third place by weight class and gender in Kettlebell, Powerlifting, Weightlifting, and Feats of Strength.

**Regular Registration Fees Now – July 4, 2026:** Youth/Teen/Junior lifters (5-23years): \$80 for 1st strength sports event entered \$40 for each additional strength sports event entered

**Late Registration Fees July 5 - July 26, 2026:** Youth/Teen/Junior lifters (5-23years): \$120 for 1st strength sports event entered \$60 for each additional strength sports event entered

**Either email this completed application to Bryan Bowens or register on LiftingCast look under AAU Junior Olympics**

**AAU World Records and American Records can be set in  
Weightlifting, Powerlifting, Kettlebell, and Super Total!**

- 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.

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Name: \_\_\_\_\_ Phone: \_\_\_\_\_ A.A.U. #: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Weight Class \_\_\_\_\_ Age: \_\_\_\_\_ D.O.B. \_\_\_\_\_ Sex: \_\_\_\_\_

E-Mail address \_\_\_\_\_

**Limitless** - Celebrate identity, not define limitations. They give lifters with intellectual disabilities a space to compete where they are respected, valued, and honored for exactly who they are.

**Unbreakable** - Emphasizes ability over a physical disability — no limits to strength or will. Represents the spirit of lifters who cannot be broken by circumstance.

Check your division  Raw  Equipped  Limitless  Unbreakable

Check the appropriate group (select all that applies)

Youth (5 and under, 6-7, 8-9, 10-11)  Teen (12-13, 14-15, 16-17, 18-19)  Junior (20-23)

**Kettlebell:** Select all Kettlebell events you wish to compete.

Jerk (1 or 2 bells)  Snatch (1 bell)  Long Cycle (1 or 2 bells)  
 Biathlon (2 bell Jerk + Snatch)  Triathlon (2 bell Jerk + Snatch + 2 bell Long Cycle)

**Powerlifting:** *(To break a Powerlifting World Record and a Push Pull World Record you must register for both.)*

Select all powerlifting events you wish to compete.

Powerlifting (all)  Push Pull  Squat Single Lift  Bench Single Lift  Deadlift Single Lift

**Weightlifting:**

Weightlifting  Super Total *(Signing up for Powerlifting and Weightlifting will automatically earn a Super Total)*

**Feats of Strength:**

Select all Feats of Strength events you wish to compete.

**Muscular Explosiveness**

- Vertical Jump
- Standing Broad Jump
- 20m sprint
- Medicine Ball Chest Pass

**Muscular Endurance**

- Front Squat for reps
- Bench Press for reps
- Deadlift for reps
- Overhead Press for reps

**Muscular Extremist**

- Farmers Carry
- Tire Flip
- Sled Push
- Zercher Carry

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## AAU Strength Sports Waiver and Consent

In order to be able to participate in this or any other AAU Strength Sports event, I hereby consent to be drug tested by urine analysis or whatever other method is chosen by the AAU Committee. I agree if I fail or refuse to be tested that I will automatically be disqualified from the event(s) and may be subject to further penalties under the AAU Code. I further consent to the publication of my test results and/or my failure/refusal to test in sole discretion of the AAUSS.

I understand that both the collection process and testing procedures will be performed by a third party (not AAUSS or AAU).

I hereby release, discharge and covenant not to sue the AAUSS and/or the AAU, their respective administrators, directors, agents, officers, members, volunteers, employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of the premises on which any AAU activity takes place (each considered one of the releases), from all liability, claims, demands, losses, or damages on any account caused or alleged to be caused in whole or in part by any and all of the releases or otherwise, relative to the drug testing, the publication, or any matter related to this event, and further agree that if, despite this release and waiver of liability, assumption of risk and indemnity agreement, such a claim is made against any of the releases, the undersigned will indemnify, save and hold harmless each of the releases from any litigation expenses, attorneys fees, loss, liability, damage, or cost which may occur as a result of such claim.

The parties agree that if any portion of the consent/release shall be deemed invalid and/or unenforceable, the rest of such consent/release shall remain in full effect.

Participant name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of parent or Guardian: \_\_\_\_\_ (if under age 18)

**Day 1 - Wednesday, July 29, 2026**  
**MidAmerican Energy Company RecPlex**  
**6500 Grand Ave West, Des Moines, IA 50266**

**Powerlifting** - Maximum Capacity 120 powerlifters across two platforms 4 sessions  
**Kettlebell** - Maximum Capacity 192 kettlebell lifters across six platforms 4 sessions

SESSION	PLATFORM	START	STRENGTH SPORT	GENDER	WEIGHT CLASS	# LIFTERS
<b>Wednesday</b> 07/29/2026  <b>1st</b>  Session	Red	8:00am	Powerlifting	All Males	20kg-140+kg	15
	White	8:00am	Powerlifting	All Females	20kg-110+kg	15
	Blue	8:00am	Kettlebell	Both	20kg-140+kg	48
<b>Wednesday</b> 07/29/2026  <b>2nd</b>  Session	Red	11:00am	Powerlifting	All Males	20kg-140+kg	15
	White	11:00am	Powerlifting	All Females	20kg-110+kg	15
	Blue	11:00am	Kettlebell	Both	20kg-140+kg	48
<b>Wednesday</b> 07/29/2026  <b>3rd</b>  Session	Red	2:00pm	Powerlifting	All Males	20kg-140+kg	15
	White	2:00pm	Powerlifting	All Females	20kg-110+kg	15
	Blue	2:00pm	Kettlebell	Both	20kg-140+kg	48
<b>Wednesday</b> 07/29/2026  <b>4th</b>  Session (If Necessary)	Red	5:00pm	Powerlifting	All Males	20kg-140+kg	15
	White	5:00pm	Powerlifting	All Females	20kg-110+kg	15
	Blue	5:00pm	Kettlebell	Both	20kg-140+kg	48

**Day 2 – Thursday, July 30, 2026**  
**MidAmerican Energy Company RecPlex**  
**6500 Grand Ave West, Des Moines, IA 50266**

**Feats of Strength** - Maximum Capacity 120 feats of strength participants 4 sessions  
**Kettlebell** - Maximum Capacity 144 kettlebell lifters across six platforms 4 sessions

SESSION	PLATFORM	START	STRENGTH SPORT	GENDER	WEIGHT CLASS	# LIFTERS
<b>Thursday</b> <b>07/30/2026</b>  <b>1st</b>  <b>Session</b>	Red	8:00am	Feats of Strength	All Males	20kg–140+kg	15
	White	8:00am	Feats of Strength	All Females	20kg–110+kg	15
	Blue	8:00am	Kettlebell	Both	20kg–140+kg	36
<b>Thursday</b> <b>07/30/2026</b>  <b>2nd</b>  <b>Session</b>	Red	10:00am	Feats of Strength	All Males	20kg–140+kg	15
	White	10:00am	Feats of Strength	All Females	20kg–110+kg	15
	Blue	10:00am	Kettlebell	Both	20kg–140+kg	36
<b>Thursday</b> <b>07/30/2026</b>  <b>3rd</b>  <b>Session</b>	Red	1:00pm	Feats of Strength	All Males	20kg–140+kg	15
	White	1:00pm	Feats of Strength	All Females	20kg–110+kg	15
	Blue	1:00pm	Kettlebell	Both	20kg–140+kg	36
<b>Thursday</b> <b>07/30/2026</b>  <b>4th</b>  <b>Session</b> <small>(if Necessary)</small>	Red	3:00pm	Feats of Strength	All Males	20kg–140+kg	15
	White	3:00pm	Feats of Strength	All Females	20kg–110+kg	15
	Blue	3:00pm	Kettlebell	Both	20kg–140+kg	36

**Day 3 – Friday, July 31, 2026**  
**MidAmerican Energy Company RecPlex**  
**6500 Grand Ave West, Des Moines, IA 50266**

**Weightlifting** - Maximum Capacity 96 weightlifters across two platforms 4 sessions

**Kettlebell** - Maximum Capacity 144 kettlebell lifters across six platforms 4 sessions

SESSION	PLATFORM	START	STRENGTH SPORT	GENDER	WEIGHT CLASS	# LIFTERS
<b>Friday</b> 07/31/2026 <b>1st</b>  <b>Session</b>	Red	8:00am	Weightlifting	All Males	20kg–140+kg	12
	White	8:00am	Weightlifting	All Females	20kg–110+kg	12
	Blue	8:00am	Kettlebell	Both	20kg–140+kg	36
<b>Friday</b> 07/31/2026 <b>2nd</b>  <b>Session</b>	Red	10:00am	Weightlifting	All Males	20kg–140+kg	12
	White	10:00am	Weightlifting	All Females	20kg–110+kg	12
	Blue	10:00am	Kettlebell	Both	20kg–140+kg	36
<b>Friday</b> 07/31/2026 <b>3rd</b>  <b>Session</b>	Red	1:00pm	Weightlifting	All Males	20kg–140+kg	12
	White	1:00pm	Weightlifting	All Females	20kg–110+kg	12
	Blue	1:00pm	Kettlebell	Both	20kg–140+kg	36
<b>Friday</b> 07/31/2026 <b>4th</b>  <b>Session</b> (if Necessary)	Red	3:00pm	Weightlifting	All Males	20kg–140+kg	12
	White	3:00pm	Weightlifting	All Females	20kg–110+kg	12
	Blue	3:00pm	Kettlebell	Both	20kg–140+kg	36