

**Florida AAU
Strength Sports
Lake Gibson Open
June 28, 2025**

**Hosted by Premier Athletics
Premier Athletics, Auburndale, FL**

AGE GROUPS: 10 & 11 yrs Old, 12 & 13 Yrs Old, 14 & 15 Yrs Old, 16 & 17 Yrs Old, 18 & 19 Yrs Old, 20U

ENTRY FEE: \$35.00

ENTRY FEE PAYABLE TO: Premier

ENTRY DEADLINE: June 25, 2025

AWARDS: 1st - 3rd Place

ADDITIONAL INFO: Disciplines/Lifts: Snatch, Clean & Jerk, and Bench Press

FOR MORE INFORMATION:

Gilbert Ray Jones
gj189@hotmail.com

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 to obtain their membership.