



- **Nebraska AAU Powerlifting**
- 2016 Cornhusker State Games
- Meet directors: Howard Huffman
Katey Dodge
Wendy Huffman
Don McElravy
- Sponsor: Max Muscle of Lincoln





- Judges: Don McElravy – Head Referee
Howard Huffman – National
Steve Davenport – National
Jim Balomenos – State
Jeff Bockhoven- State
Lauren Harris – State
David Huffman – State
Grant Magnusen - State
Ed Reinhart – State
Don Young - State
Diana Williamson– State





- Spotters/Loaders:
Jim Grandick
John Price

(Red Platform Mgr)
(Blue Platform Mgr)

Krystal Cary, Denny Strain, Dennis Henson,
Zach Henson, Steve Scott, Derek Springman,
Mike Taylor, Milt Schneider, Jerod Weers,
Jerry Utter





- Table Help:
Announcers: Jeff Hart

- Table Help: Cecilia Reinhardt
Diana Williamson
Roxy Kuzminski
Wendy Huffman
Kerri Ann
Sandra Cloward
Sam Musil

- National Anthem: Geoff Ramsey





○ Meet Information

- Weigh-in: 7:00 – 8:30
- Rules Meeting: 8:30-8:45
- Lifting Starts: 9:30

The competition order will be:

○ **SQUAT – BENCH - DEADLIFT**

All who entered will lift according to their flight assignment. The flights are:

- Blue Platform
 - Flight A - Female lifters 88-148 lbs and male lifters 114 lbs and under
 - Flight B - Female lifters 165 lbs and up
 - Flight C - Male lifters 123-165 lbs
- Red Platform
 - Flight D - Male Powerlifters 181 and 220 lbs
 - Flight E - Male Powerlifters 198 lbs
 - Flight F - Male Powerlifters 242 and up





2014 AAU NATIONAL & WORLD MEETS

- **Name of Event: 2016 AAU Pan American Weightlifting/Powerlifting**
Location of Event: Las Vegas Convention Center, Las Vegas NV
Date of Event: August 26-27, 2016
Contact: Martin Drake
Email: naturalpower@earthlink.net
- **Name of Event: 2016 AAU World Powerlifting**
Location of Event: Rio All-Suite Hotel and Casino, Las Vegas NV
Date of Event: September 23-25, 2016
Contact: Martin Drake
Email: naturalpower@earthlink.net
- **Name of Event: AAU International Powerlifting Championships**
Location of Event: Rio All-Suite Hotel and Casino, Las Vegas NV
Date: Nov 12-13, 2016
Contact: Martin Drake
Email: naturalpower@earthlink.net





- Sponsor – Max Muscle of Lincoln



- 402-421-4MAX, 402-932-2MAX
- www.maxmusclenebraska.com





- Thanks to CSG – Dave Mlnarik, Scott Ash for their help
- Thanks to the 96 lifters who entered
- Thank you for attending
- Thanks to Jim Grandick's Big Iron Gym (Omaha), and Southside (Lincoln) for spotting and loading.
- Thanks to all who helped set up this meet. Wes, Denny, Derek!!
- Good luck to all the lifters!

