

2016 AAU North American Powerlifting, Bench, Deadlift, Push/Pull and Strict Curl Championships

Harrah's Hotel Casino Ballrooms and Rio Vista Amphitheater, Laughlin NV

YOU MAY EITHER POWERLIFT, BENCH, DEADLIFT OR PUSH/PULL, STRICT CURL OR ALL COMBINATIONS!

Date: April 8-10 2016 Location: 8,000 sq ft ballroom and 2,000 Seat Rio Vista Amphitheater . **Spring Break on the River.** and Feats of Strength. Please book your rooms early Our block is on a first come first serve basis. When the block fills, room rates WILL GO UP. Average April temp on the river is 86 degrees.

Our rate is only \$24.99/night. Sun-Thursday and \$49.99/Night Fri. and Sat.



SPRING BREAK ON THE RIVER

Testing: Any AAU lifter may be subject to drug testing per the AAU Policy and Procedures.
Eligibility: Must be a current member of the AAU.
Divisions: All weight classes listed below are provided in all divisions for **both men and women. Both Raw and equipped**

Youth (6-7,8-9,10-11,12-13) Raw Teen(14-15,16-17,18-19),Teen(14-15,16-17,18-19)Junior(20-23) Open, Lifetime, Sub-Masters(35-39)Masters 40-44,45-49 etc. in 5 year, Lifetime Masters, Raw Youth, Raw Teen, Raw Junior, Raw Open, Raw Lifetime , Raw Sub masters, Raw Masters(40-44,45-49 etc. in 5 year increments) Raw Lifetime Masters (5 Yrs) Military/ Law/Fire/Military (active, retired, reserves) , Disabled by weight and age Blind/Dwarf/Wheel Chair. High School

Weight Classes: Men: + Youth 66, 77, 88, 97, 105 ALL 114,123,132,148,165,181,198, 220 ,242, 275,308, 308+
Women: Youth 66, 77, 88, ALL 97,105 114,123,132,148,165,181,198,198 220, 220+

Weigh-ins: Early weigh-ins is 6:00-7:30 PM the night before group lifters. Regular weigh-ins is 7:00 am to 8:30 am the morning of the applicable lifting session. See lifting schedule

Lifting Sched: 8:30 A.M: 4/8/16 all **Women plus Men165 and under ALSO ALL DISABLED LIFTERS**
8:30 A.M 4/9/16 for **Men 181-198**
8:30 A.M 4/10/16 for **Men 220-308+**

Awards: Plaques/Trophies First thru Fifth (MINIMUM) Best lifter awards in many divisions. National Medals for HS division
Team Trophies first thru fifth

Fees: \$75 for first division entered \$40 crossover, for each additional class.
All lifters must have a current AAU membership card \$24 adult \$14 youth

AAU CARDS AVAILABLE ONLINE AT WWW.AAUSPORTS.ORG ` ALL CARD MUST BE BOUGHT ONLINE PRIOR TO THE MEET AND PRESENTED AT WEIGH-INS/CHECKI-IN ! AS PART OF THE CARD PROCESS, ALL LIFTER AGE 20+ WILL HAVE A BACKGROUND CHECK PERFORMED. PROCESS CAN ADD A WEEK TO CARD APPROVAL

Hotel Info: Harrahs's Hotel Casino 1-877-881-5955 reference: **Block # SO4 AAU 6**

**Our rate is only \$24.99/night. Sun-Thursday and \$49.99/Night Fri. and Sat. LIMITED # OF ROOMS BOOK TODAY!
BLOCK CLOSES March 8 2016 OR WHEN SOLD OUT**

Spectator Fee: \$10 per day, except officials and lifters entered.

Video Tapes: NO OUTSIDE VIDEOING ALLOWED

ENTRY DEADLINE IS March 8 2016 - LATE ENTRIES WILL NOT BE ACCEPTED!

**Make checks or money orders payable to:
Martin Drake**

**P.O. Box 108
Nuevo, Ca. 92567
310-953-5030**

E-MAIL NATURALPOWER@EARTHLINK.NET

MEET WILL BE CAPPED AT 200 LIFTERS (max of 80 in the full pl meet)

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

2016 AAU North American Powerlifting, Bench, Deadlift, Push/Pull and Strict Curl Championships

Name: _____ Phone: _____ A.A.U. # _____
Address _____ City _____ State _____ Zip _____
Weight Class _____ Age: _____ D.O.B. _____ Sex _____
E-Mail address _____

PLACE "P" for Powerlifting "B" for Bench, "D" for Deadlift, "C" For Pushpull "CURL" FOR STRICT CURL in appropriate block!

Equipped

Open: _____ Teen _____ Youth _____

Junior _____ Sub Master: _____ Master: _____ Military/ Law/Fire/Military: _____

Lifetime _____ Lifetime Masters _____

Raw

Raw Open: _____: _____ Raw Teen: _____ Raw Youth: _____

RAW HIGH SCHOOL _____

Raw Junior _____ Raw Sub Master: _____ Raw Master: _____

Raw Lifetime _____ Raw Lifetime Masters _____

Raw Military/ Law/Fire/Military: _____ Disabled: _____ (specify, Dwarf, Blind, Wheel Chair) High School _____

AAU Powerlifting Waiver and Consent

In order to be able to participate in this or any other AAU Powerlifting event, I hereby consent to be drug tested by urine analysis or whatever other method is chosen by the AAUPC. 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 AAUPC.

I understand that both the collection process and testing procedures will be performed by a third party (not AAUPC or AAU) I hereby release, discharge and covenant not to sue the AAUPC 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(s), 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.

Signature: _____ Date: _____

Signature of parent or Guardian: _____ if under age 21

2016 AAU North American Weightlifting and Single Lift Weightlifting and Power Clean

Harrah's Hotel Casino Ballrooms and Rio Vista Amphitheater, Laughlin NV

YOU MAY EITHER DO THE FULLWEIGHTLIFTING, OR THE SINGLE LIFTS FOR THE SNATCH OR C&J OR ALL
ALL NEW AMERICAN RECORDS WILL BE SET !!!!!

Date: April 8-10– **Location:** 8,000 sq ft ballroom and 2,000 Seat Rio Vista Amphitheater . **Spring Break on the River.** and Feats of Strength. Please book your rooms early Our block is on a first come first serve basis. When the block fills, room rates WILL GO UP. Average April temp on the river is 86 degrees.

Our rate is only \$24.99/night. Sun-Thursday and \$49.99/Night Fri. and Sat



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.

Divisions:

Youth (6-7,8-9,10-11,12-13) **Teen**(14-15,16-17,18-19)**Junior**(20-23) **Open, Sub-Masters**(35-39)**Masters** 40-44,45-49 etc. in 5 year, **Lifetime Masters**), **Law/Fire** (active, retired), **Military**(active, retired, reserves) ,

Female Age Divisions to Weight Classes

(Female Weight Classes kg: 31, 35, 39, 44, 48, 53, 58, 63, 69, 75, 82, 82+)

Youth Ages 6-7, 8-9, 10-11: 31 – 58+kg

Youth Ages 12-13: 35 – 63+kg **Teen Ages 14-15, 16-17:** 44 – 69+kg

Teen Ages 18-19: 48 – 82+kg **Junior Ages 20-23:** 48 – 82+kg

Senior/Open Ages 24-34: 48 – 82+kg **Masters Ages 35-**

39,40-44,45-49,... *: 48 – 82+kg

* (and so on in 5-yr increments)

Male Age Divisions to Weight Classes

(Male Weight Classes kg: 31, 35, 39, 44, 50, 56, 62, 69, 77, 85, 94, 105, 114, 114+)

Youth Ages 6-7, 8-9, 10-11: 31 – 62+kg

Youth Ages 12-13: 35 – 69+kg **Teen Ages 14-15, 16-17:** 50 – 94+kg

Teen Ages 18-19: 56 – 114+kg **Junior Ages 20-23:** 56 – 114+kg

Senior/Open Ages 24-34: 56 – 114+ kg **Masters Ages 35-39,40-**

44,45-49,... *: 56 – 114+ kg

* (and so on in 5-yr increments)

Weigh-ins: Early weigh-ins is 6:00-7:30 PM the night before group lifters. Regular weigh-ins is 7:00 am to 8:30 am the morning of the applicable lifting session. See lifting schedule

Lifting Sched:

9:00 A.M 04/09/16 all **Women and Men 77KG and below**

9:00 A.M 04/10/16 for **Men > 77KG**

Awards: Trophies First thru Fifth (MINIMUM) Best lifter awards in many divisions
Team Trophies first thru fifth

Fees: \$75 for first division entered \$40 crossover, for each additional class
All lifters must have a current AAU membership card \$24 adult \$14 youth

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MEET WILL BE CAPPED AT 100 LIFTERS

Top 3 in each weight class qualify for the AAU World Weightlifting Championships Sept 2016 at the Rio Hotel in Las Vegas

2016 AAU North American Weightlifting and Single Lift Weightlifting and Power Clean

Name: _____ Phone: _____ A.A.U. # _____
Address _____ City _____ State _____ Zip _____
Weight Class _____ Age: _____ D.O.B. _____ Sex _____
E-Mail address _____

PLACE WL for weightlifting, SN for Snatch only or CJ for Clean and Jerk only PC for Power Clean in appropriate block!

Open: _____ Teen _____ Youth _____

Junior _____ Sub Master: _____ Master: _____ Law/Fire: _____

Military _____ Lifetime Masters _____

AAU Weightlifting Waiver and Consent

In order to be able to participate in this or any other AAU Weightlifting event, I hereby consent to be drug tested by urine analysis or whatever other method is chosen by the AAUPC. 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 AAUPC.

I understand that both the collection process and testing procedures will be performed by a third party (not AAUPC or AAU) I hereby release, discharge and covenant not to sue the AAUPC 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(s), 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.

Signature: _____ Date: _____

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