

2016 Oklahoma AAU State, Youth, Middle School, High School, Juniors, Open, Masters Powerlifting Push/Pull, Bench Press, Deadlift Championships



Power Lifting, Push/Pull, Bench Press, Dead Lift



Day 1 Lifters 17 and under and all women Saturday May 14th 2016

Day 2 Lifters 18 and over Sunday May 15th 2016

Sponsored by Kid Strength, Inc.

FLYER

- * Location: 7709 E. 42nd Pl. Tulsa Okla., 74145 #137. 2 blocks west of 42nd and Memorial
- *Day 1 lifters: Weigh in and equipment check: (Fri. May 13TH 6:00 pm to 7:30 pm) & (Sat. May 14TH 8:00am to 9:00am)
- *Day 2 lifters: Weigh in and equipment check: (Sat May 14th, 5:30pm to 7:00pm) & (Sun. May 15th, 8:00am to 9:00am)
- *Meet Director: Dennis Brooks (dennisbrooks63@msn.com)
- ***Day 1 Lifters: 17 and under and all Women**- Lifting begins at 10:00am Saturday May 14th (rules briefing 9:30am)
- ***Day 2 Lifters: 18 and over**- Lifting begins at 10:00am Sunday May 15th (rules briefing 9:30am)
- * Men's weight classes: 66 77 88 97 105 114 123 132 148 165 181 198 220 242 275 308 308+
- * Women's weight classes: 66 77 88 97 105 114 123 132 148 165 181 198 220 220+
- * Age Divisions: (Youth 8-9 10-11) (Teen 12-13 14-15 16-17 18-19) (juniors 20-23) (Open) (Sub Masters/Masters)
- * Raw Division: Leather Belt (buckle or lever only, no velcro), wrist wraps; single ply neoprene knee sleeves with no method of tightening and may not exceed 30cm. in length or ¼ inch thick. No knee wraps. Raw adult lifters must use a singlet. Raw youth and teenage lifters can use a T-shirt and non-baggy shorts above the knee. Must wear shoes or slippers. Socks cannot touch the singlet or knee sleeves.
- *Equipped Division: Single ply squat suit, dead lift suits and bench press shirt. Knee wraps: 181 lbs down, 2 meter length, 198lbs and above can use 2.5 meter wraps. Wrist wraps: cannot exceed 1 meter in length and 8 cm. in width. Must wear shoes or slippers. Knee wraps cannot touch socks or suit. More information, go to www.aupowerlifting.org and click on rules.
- * Weights used will be in pounds.
- * Entry Fee: \$55.00 (Powerlifting: squat, bench press, and dead lift). (Push/pull: bench press/deadlift). (Bench press only). (Deadlift only) \$35.00 each for second and third events entered. NO REFUNDS!!!
- * Meet T-shirt \$17.00---xxl add \$2.00 extra ----- \$20 day of the meet.
- * Deadline: Entries postmarked after May 11th, 2016 must pay a \$20.00 late fee. **Payments after May 11th, cash only.**
- * Spectator Admission: \$6.00 for adults---\$4.00 for students. Entry covers both days.
- * Send Entries and payment (check or money order) and drug waiver to: Dennis Brooks, 11526 S. Nandina Ave., Jenks Okla. 74037. **Drug test waivers only required for lifters Over 19 yrs. of age.** Drug test waiver forms can be obtained by contacting dennisbrooks63@msn.com.
- *Awards: 1st-3rd place in each division and each weight class.
- * Outstanding Lifter/Bench/Squat/Dead Lift: Youth, Teens, Open/ Masters, Men's and Women's Divisions.
- ***Must have at least 5 lifters each division for outstanding lifter awards, otherwise combined**
- *Questions: Contact Dennis Brooks at (918) 695-6439 or dennisbrooks63@msn.com
- *State records: Facebook/Oklahoma AAU Power lifting
- *National records: www.aupowerlifting.org click on records
- * 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 memberships must be obtained before the meet begins*

*Be Prepared: Adult and Non Athlete memberships are no longer instant and cannot be applied for at the event.

*Please allow 10 days for membership to be processed.

*Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership

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Entry Form



Sponsored by KID STRENGTH, INC.

Please Print:

Name: _____ Date of Birth: _____ Age day of Meet: _____

Body Wt.: _____ Wt. Class _____

Team Name: _____ Club Name: _____ AAU Club Card # _____

AAU Card #: _____ Sex: M F (circle one)

Best Sq.: _____ Best BP: _____ Best DL: _____ Best Total: _____

Address: _____ City: _____ Zip Code: _____

E-Mail: _____ Phone: _____

Entry Fee: \$55.00 NO REFUNDS!!!!

Circle Event(s) Entered: (Power Lifting: Squat, Bench Press, and Dead Lift) (Push/Pull: Bench Press/Dead Lift) (Bench Press only) (Dead Lift only)

Circle Lift Type: (Equipped) (Raw)

Meet T-Shirt Pre Order: \$17.00 Day of the meet \$20.00(if available)

Circle One: S M L XL XXL add \$2.00 extra for xxl

Quantity: _____ Total: \$ _____ Include t-shirt total to entry check

Entries postmarked after Wednesday May 11th, 2016 must pay a \$20.00 late fee. Payments made after May 11th, cash only

Make Checks or Money Order payable to: Dennis Brooks

Mail Entries to: Dennis Brooks, 11526 S. Nandina Ave, Jenks Okla. 74037

I understand and will abide by all AAU Power Lifting rules and regulations waive and release the AAU, the promoter and all parties involved with the meet from any legal action that may be taken as a result of participation in the event. I realize Power Lifting competitions are potentially dangerous and physically demanding and I do so at my own risk.

SIGNATURE OF ATHLETE: _____ DATE: _____

SIGNATURE OF PARENT OR GUARDIAN IF UNDER 18 YRS OLD: _____

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- *Please allow up to 10 days for memberships to be processed.
- * Participants are encouraged to visit AAU web site www.aausports.org to obtain their membership.