

2014 AAU RAW NATIONAL POWERLIFTING CHAMPIONSHIPS IN HAWAII AND STATE CHAMPIONSHIPS

**FIRST BAPTIST CHURCH WAIMANALO 41-586 FLAMINGO STREET WAIMANALO
HAWAII 96795**

YOU MAY ENTER EITHER POWERLIFT, BENCH, DEADLIFT OR PUSH/PULL

**Date: August 30, 2014 – FIRST BAPTIST CHURCH WAIMANALO 41-586 FLAMINGO STREET WAIMANALO HAWAII
96795**



Testing: Any athlete entered may be subject to drug testing per AAU procedures.
Eligibility: Athlete and state 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, Sub-**
Masters(35-39)**Masters** 40-44,45-49 etc. in 5 year, **Lifetime Masters, Raw Youth, Raw Teen, Raw Junior,**
Raw Open, Raw Sub masters, Raw Masters(40-44,45-49 etc. in 5 year increments) **Raw Lifetime Masters** (5
Yrs) **Law/Fire** (active, retired), **Military**(active, retired, reserves) , **Disabled by weight and age**
Blind/Dwarf/Wheel Chair

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 29 AUG 2014 (5- 8 PM FRI)** Regular weigh-ins is 7:00 am to 8:30 am day of meet.

LIFTING STARTS 10 AM SAT

Lifting Schedule: 10:00 A.M: 08/30/14 **ALL**

Awards: **REAL SCULPTURED TROPHIES AND MEDALS ALL DIVISIONS**

Fees: Youth and teens 4 – 19 years old \$ 30.00 first division \$ 20 for each add division
Adults \$ 50.00 for first division \$ 30.00 for each additional division

T SHIRT SIZE _____

All lifters must have a current AAU membership card \$24 adult \$16 youth

AAU CARDS **AVAILABLE ONLINE AT WWW.AAUSPORTS.ORG** **ALL CARD MUST BE BOUGHT ONLINE PRIOR TO
THE MEET AND PRESENTED AT WEIGH-INS/CHECK-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**
**IMPORTANT: WAIT UNTIL AFTER AUG 15 TO GET YOUR AAU CARD, DUE TO CARD
YEAR CHANGE !!!!!!! but immediately after !!!!!!!**

Make checks or money orders payable to:

MAIL PAYMENTS WITH APPS TO KENEKES 53-138 KAM HWY PUNALU'U HAWAII 96717

BY 20 AUG 2014 LATE FEE \$ 10.00

E-MAIL: kpunaluugrill@hawaii.rr.com

MEET WILL BE CAPPED AT 100 LIFTERS

- This event is sanctioned 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

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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
in appropriate block!

Equipped

Open: _____ Teen _____ Youth _____

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

Military _____ Lifetime Masters _____

Raw

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

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

Law/Fire _____ Raw Lifetime Masters _____

Raw Military _____

Disabled: _____ (specify, Dwarf, Blind, Wheel Chair)

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