

# 2015 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

Date: Day 1 Lifters 15 and under Saturday May 16th 2015

Date: Day 2 Lifters 16 and over Sunday May 17th 2015

Sponsored by Kid Strength, Inc.

## FLYER

- \* Location: 7709 E. 42nd Pl. Tulsa Okla., 74145 #137. 2 blocks west of 42nd and Memorial
- \* Weigh in and equipment check: (Fri. May 15<sup>TH</sup> 6:00 pm to 7:30 pm) & (Sat. May 16<sup>TH</sup> 8:00am to 9:00am)
- \* Weigh in and equipment check: (Sat May 16th, 5:00pm to 6:30pm) & (Sun. May 17th, 9:00am to 10:00am)
- \* Meet Director: Dennis Brooks (dennisbrooks63@msn.com)
- \* **Day 1 Lifters 15 and under**- Lifting begins at 10:00am Saturday May 16th (rules briefing 9:30am)
- \* **Day 2 Lifters 16 and over**- Lifting begins at 11:00am Sunday May 17th (rules briefing 10:30am)
- \* 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), wrist wraps; single ply neoprene knee sleeves with no method of tightening and may not exceed 30cm. in length or ¼ inch thick. Raw adult lifters must use a singlet. Raw youth and teenage lifters can use a T-shirt and non-baggy shorts above the knee.
- \* Equipped Division: Single ply squat, 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. More information, go to [www.aupowerlifting.org](http://www.aupowerlifting.org) and click on rules.
- \* Weights used will be in pounds.
- \* Entry Fee: \$50.00 (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.
- \* Meet T-shirt \$17.00---xxl add \$2.00 extra ----- \$20 day of the meet.
- \* Deadline: Entries postmarked after May 13<sup>th</sup>, 2015 must pay a \$20.00 late fee. **Payments after May 13th, cash only.**
- \* Spectator Admission: \$6.00 for adults---\$4.00 for students
- \* 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.**
- \* Awards: 1st-4th place trophy 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](mailto:dennisbrooks63@msn.com)
- \* State records: Facebook/Oklahoma AAU Powerlifting
- \* National records: [www.aupowerlifting.org](http://www.aupowerlifting.org) click on records.
- \* 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 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](http://www.aausports.org) to obtain their membership

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### Entry Form



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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)

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

E-Mail: \_\_\_\_\_ Phone: \_\_\_\_\_

Entry Fee: \$50.00

Circle Event 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 13th, 2015 must pay a \$20.00 late fee. Payments made after May 13<sup>th</sup>, 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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\* Participants are encouraged to visit AAU web site [www.aausports.org](http://www.aausports.org) to obtain their membership.

