

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 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

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

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**

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BLOCK CLOSES April 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!

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Martin Drake

P.O. Box 108

Nuevo, Ca. 92567

310-953-5030

E-MAIL NATURALPOWERUSA@GMAIL.COM , NATURALPOWER@EARTHLINK.NET

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: _____

Signature of parent or Guardian: _____ if under age 21

2016 AAU Feats of Strength North American Championships

April 8-10, 2016 at Harrah's Hotel Casino Ballrooms and Rio Vista Amphitheater

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. AAU American and World Records may be set in every event.

Our hotel group rate is only \$25.99/night. Sun-Thursday and \$49.99/Night Fri. and Sat.



SPRING BREAK ON THE RIVER

Testing: **Drug Tested Event!** [National Center for Drug Free Sport](#)

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**.

Youth (6-7, 8-9, 10-11, 12-13, 14-15, 16-17, 18-19), **Junior** (20-23), **Open** (24-34), **Sub-Masters** (35-39), **Masters** (40-44, 45-49, etc. in 5 year increments).

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: Regular weigh-ins are 7:00 am to 8:30 am for each day of competition. Early weigh-ins are 6:00 pm to 7:30 pm the night before each day of competition. You must weigh in for each day of competition within 24 hours of your competition. See competition schedule on Page 3.

Rules Briefing & Warm-up: 8:30 am – 9:00 am on Friday 4/08/16 through Sunday 4/10/16.

Competition: 9:00 am - 6:00 pm on Friday 4/08/16, 9:00 am to 5:15 pm on Saturday 4/09/16, and 9:00 am – 12:15 pm on Sunday 4/10/16.

Individual Event Awards: For the 16 individual events: At the end of each day of competition—Friday, Saturday, and Sunday. Medals—First thru Third in each event will be awarded to individuals in each age group/weight class. If you are leaving early, you may pick up your medals when convenient before you leave.

Special Awards: All Mega, Mondo, DNA, and Best Athlete awards (plaques) will be based on the entire competition from Friday through Sunday, and will be awarded at the end of the Sunday competition. If you win one of these special awards and are unable to attend the ceremony, we will send the plaque(s) to you.

Awards:

Fees: See entry form on the third page.

AAU CARDS All lifters must have a current AAU membership card. **Adults:** Adults must apply online at AAUSports.org. All competitors age 20+ will have a background check performed. Add a week for the background check prior to card approval. **Youth:** Youth (ages 6 to 19) may obtain their cards online up until the competition. If you are at the meet and don't have a card yet, use a smart phone and credit card to obtain your card prior to the official weigh-in. Note: The cost of an AAU card is \$24 for Adults and \$16 for youth. Apply for an AAU Powerlifting or Weightlifting membership. Your one-year membership will be valid through August 31, 2016 and will entitle you to participate in the all AAU Strength Sports—Powerlifting, Weightlifting, and Feats of Strength, Combines, and MAS Strength Challenge.

Records: Eligibility for AAU American Records (for U.S. citizens), National Records (for non-U.S. citizens), and World Records

Entry Classifications, Fees, & Awards: You may enter either the **A. \$75 Flat Fee Class** or **B. \$20 Per Event Class**, or both.

- \$75 Flat Fee Class** (for up to 5 events, \$150 for up to 10 events). National Championship Medals awarded for each person in each event (1st-3rd in each weight class/age group).
- \$20 Per Event Class** (for an unlimited number of events). National Championship Medals awarded for each person in each event (1st-3rd in each weight class/age group).
- Mega Lift, Mondo Lift, and DNA Lift Champions (self reporting):** Winner is the one with the most events (out of 16) that such lifts are accomplished. Men's and Women's winners will be awarded a plaque in each of these three categories.
- Best Athlete (All Around) Award:** Best overall performance is based on the highest point total @ 1 point for Megalift, 2 pts for Mondolift, & 3 pts for DNA lift in the 16 events. Men's and Women's winners will be awarded a plaque.
- World Record Breaker (self reporting),** Men's and Women's 1st place—Gold medal will be awarded. In addition, a special certificate listing the broken records will be emailed approximately two weeks after the meet.

ENTRY DEADLINE IS March 26, 2016,

BUT ENTRIES UNDER THE CAP WILL BE ACCEPTED WITH A \$20 LATE FEE PER ATHLETE AFTER March 26, 2016.

No refunds!
Make checks or money orders payable to:
Ray Anderson
39533 Highbury Dr.
Murietta CA 92563
951-252-5627
E-MAIL: aaucouchraystrength@gmail.com

AAU CARDS AVAILABLE ONLINE AT WWW.AAUSPORTS.ORG. ALL CARDS 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

Hotel Info: Harrah's Hotel Casino 1-877-881-5955 reference: **Block # SO4 AAU 6. Easiest to use this hot link:**
<http://www.totalrewards.com/hotel-reservations>

Our rate is only \$25.99/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 for indoor events, except officials and lifters entered. There is no charge for outdoor events.

Video Tapes: VIDEOING ALLOWED

ENTRIES WILL BE CAPPED FOR ALL EVENTS PER SCHEDULE ON NEXT PAGE

2016 AAU Feats of Strength North American Championships

March 8-10, 2016 at Harrah's Hotel Casino Ballrooms and Rio Vista Amphitheater

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

- 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

AAU Feats of Strength Waiver and Consent for Individual Competitors

In order to be able to participate in this or any other AAU Strength Sports 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, attorney's 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 Feats of Strength North American Championships

Event	Payment	
	Option "A" \$75 Flat Fee Class (for up to 5 events), or \$150 for up to 10 events)	Option "B" \$20 per Event
FRIDAY A.M. (INDOORS)		
1. Axle Deadlift (3 attempts), 9:00 am to 10:00 am	\$ _____	\$ _____
2. Standing Long Jump (3 attempts), 10:00 am to 11:00 am	\$ _____	\$ _____
3. Log Clean (Once) & Press for Reps, 11:00 am to 11:45 am	\$ _____	\$ _____
4. Hand Gripper (3 attempts), 11:45 am to 12:30 pm	\$ _____	\$ _____
Lunch Break, 12:30 pm to 1:30 pm		
FRIDAY P.M. (OUTDOORS)		
5. Tire Toss, 1:30 pm to 3:00 pm	\$ _____	\$ _____
6. Farmer's Walk, 3:00 pm to 4:30 pm	\$ _____	\$ _____
7. Sled Push, 4:30 pm to 6:00 pm	\$ _____	\$ _____
AWARD CEREMONY, 6:00 pm to 6:30 pm		
SATURDAY A.M. (INDOORS)		
8. Orangutan Hang, 9:00 am to 9:45 am	\$ _____	\$ _____
9. Strict Curl (3 attempts), 9:45 am to 11:00 am	\$ _____	\$ _____
10. Axle Clean & Press for Reps, 11:00 am to noon	\$ _____	\$ _____
Lunch Break, noon – 1:00 pm		
SATURDAY P.M. (OUTDOORS)		
11. Zercher's Carry, 1:00 pm to 2:30 pm	\$ _____	\$ _____
12. Sled Pull, 2:30 pm to 4:00 pm	\$ _____	\$ _____
13. Wheelbarrow, 4:00 pm to 5:15 pm	\$ _____	\$ _____
AWARD CEREMONY, 5:15 pm to 5:45 pm		
SUNDAY A.M. (INDOORS)		
14. Bench Press for Reps, 9:00 am to 10:30 am	\$ _____	\$ _____
15. Strict Curls for Reps, 10:30 am to 11:30 am	\$ _____	\$ _____
16. Deadlift for Reps, 11:30 am to 12:15 pm	\$ _____	\$ _____
AWARD CEREMONY (including special awards—Mega, Mondo, DNA, & Best Athlete), 12:15 pm to 12:45 pm		
Entries after the entry deadline (through the weigh-in period the night before your competition): ADD a \$15 late fee per day of competition.		
Entries on the day of competition (If caps have not been reached): ADD a \$25 late fee per day of competition.		
TOTAL ENTRY FEES (each column)	\$ _____	\$ _____
TOTAL ENTRY FEES (Column A + Column B)	\$ _____	

STANDARD WEIGHT TABLE No. 3 -- Log Clean (Once) & Presses for Reps**A. Males**

Male Age Range	STANDARD BARBELL OR LOG WEIGHT* (Kg) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-308+
Youth 6-7	7.5	10	12.5	15	---
Youth 8-9	12.5	15	22.5	30	---
Youth 10-11	17.5	20	25	30	35
Youth 12-13	22.5	25	30	35	40
Teen 14-15	27.5	30	35	40	45
Teen 16-17	30.0	35	40	45	50
Teen 18-19	35.0	40	45	50	55
Junior 20-23	---	45	50	55	60
Open 24-34	---	50	55	60	65
Submasters 35-39	---	45	50	55	60
Masters 40-49	---	40	45	50	55
Masters 50-59	---	35	40	45	50
Masters 60-69	---	30	35	40	45
Masters 70-79	---	25	30	35	40
Masters 80-89	---	20	25	30	35
Masters 90+	---	15	20	25	30

B. Females

Female Age Range	STANDARD BARBELL OR LOG WEIGHT* (Kg) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220 & Above
Youth 6-7	7.5	10	10	15	---
Youth 8-9	10	12.5	15	17.5	---
Youth 10-11	10.0	12.5	15	17.5	17.5
Youth 12-13	10	12.5	15	17.5	20
Teen 14-15	15.0	17.5	20	22.5	25.0
Teen 16-17	20.0	22.5	25	27.5	30.0
Teen 18-19	25.0	27.5	30	32.5	35.0
Junior 20-23	---	32.5	35	37.5	40
Open 24-34	---	37.5	40	42.5	45
Submasters 35-39	---	32.5	35	37.5	40
Masters 40-49	---	27.5	30	32.5	35.0
Masters 50-59	---	22.5	25	27.5	30.0
Masters 60-69	---	17.5	20	22.5	25.0
Masters 70-79	---	12.5	15	17.5	20
Masters 80-89	---	12.5	15	17.5	17.5
Masters 90+	---	10	10	15	15

Notes:

1. Contestants may elect to move up or down 10% or multiples of 10% below their STANDARD BARBELL WEIGHTS (rounded off to the nearest 5 kg) but may not go below their STANDARD BARBELL WEIGHTS to compete for medals in their respective age and bodyweight classifications. Contestants may not go down more than 20% below their STANDARD BARBELL WEIGHTS to be eligible for AAU American and World Records for approved number of reps for their age, bodyweight, and selected barbell weights.
2. The meet director has the option of modifying the STANDARD BARBELL WEIGHT for a given age and bodyweight class if in his/her opinion the weights shown herein do not fairly represent the abilities of the AAU Powerlifting membership. Such changes will be reviewed after the meet for consideration of becoming permanent changes to these tables.
3. Minimum weight is the implement weight of 15 lb for the aluminum bar, and 40 lb for the log.

STANDARD WEIGHT TABLE No. 5 -- Tire Toss**A. Males**

Male Age Range	STANDARD TIRE CLASS per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-308+
Youth 6-7	Car	Car	Car	Car	---
Youth 8-9	Car	Car	Car	Car	---
Youth 10-11	Car	Car	Car	Car	Car
Youth 12-13	Car	Car	Car	Car	Car
Teen 14-15	Car	Car	Car	Car	Car
Teen 16-17	Car	Car	Car	Car	Car
Teen 18-19	Car	Car	Car	Car	Car
Junior 20-23	---	Car	Car	Car	Car
Open 24-34	---	Car	Car	Car	Car
Submasters 35-39	---	Car	Car	Car	Car
Masters 40-49	---	Car	Car	Car	Car
Masters 50-59	---	Car	Car	Car	Car
Masters 60-69	---	Car	Car	Car	Car
Masters 70-79	---	Car	Car	Car	Car
Masters 80-89	---	Car	Car	Car	Car
Masters 90+	---	Car	Car	Car	Car

B. Females

Female Age Range	STANDARD TIRE CLASS per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220 & Above
Youth 6-7	Car	Car	Car	Car	---
Youth 8-9	Car	Car	Car	Car	---
Youth 10-11	Car	Car	Car	Car	Car
Youth 12-13	Car	Car	Car	Car	Car
Teen 14-15	Car	Car	Car	Car	Car
Teen 16-17	Car	Car	Car	Car	Car
Teen 18-19	Car	Car	Car	Car	Car
Junior 20-23	---	Car	Car	Car	Car
Open 24-34	---	Car	Car	Car	Car
Submasters 35-39	---	Car	Car	Car	Car
Masters 40-49	---	Car	Car	Car	Car
Masters 50-59	---	Car	Car	Car	Car
Masters 60-69	---	Car	Car	Car	Car
Masters 70-79	---	Car	Car	Car	Car
Masters 80-89	---	Car	Car	Car	Car
Masters 90+	---	Car	Car	Car	Car

Notes:

Car = Car Tire, 15", weight 16 lb +/- 1 lb

Fat Car = Car Tire, 11.5" wide, weight 33 lb +/- 2 lb

Light Car = weight 12 lb +/- 1 lb

Lt Truck = Light Truck Tire, size TBD, weight 50 lb +/- 2 lb

Meet Director may require that all contestants throw the Car Tire, Light Car Tire, or Fat Car Tire.

STANDARD WEIGHT TABLE No. 6A -- 25m Farmer's Walk with One Turnaround, Kilo Plates**A. Males**

Male Age Range	STANDARD HANDLE WEIGHT (Kg) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-308+
Youth 6-7	7.94 kg (17.5 lb)	7.94 kg (17.5 lb)	10 kg (22.0 lb)	10 kg (22.0 lb)	---
Youth 8-9	7.94 kg (17.5 lb)	7.94 kg (17.5 lb)	10 kg (22.0 lb)	10 kg (22.0 lb)	---
Youth 10-11	7.94 kg (17.5 lb)	10 kg (22.0 lb)	15 kg (33.1 lb)	15 kg (33.1 lb)	15 kg (33.1 lb)
Youth 12-13	10 kg (22.0 lb)	15 kg (33.1 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)
Teen 14-15	15 kg (33.1 lb)	22.5 kg (49.6 lb)	35 kg (77.2 lb)	35 kg (77.2 lb)	35 kg (77.2 lb)
Teen 16-17	15 kg (33.1 lb)	22.5 kg (49.6 lb)	35 kg (77.2 lb)	35 kg (77.2 lb)	45 kg (99.2 lb)
Teen 18-19	15 kg (33.1 lb)	22.5 kg (49.6 lb)	35 kg (77.2 lb)	45 kg (99.2 lb)	57.5 (126.8 lb)
Junior 20-23	---	35 kg (77.2 lb)	45 kg (99.2 lb)	57.5 (126.8 lb)	67.5 kg (148.8 lb)
Open 24-34	---	45 kg (99.2 lb)	57.5 (126.8 lb)	67.5 kg (148.8 lb)	80 kg (176.4 lb)
Submasters 35-39	---	45 kg (99.2 lb)	57.5 (126.8 lb)	67.5 kg (148.8 lb)	80 kg (176.4 lb)
Masters 40-49	---	35kg (77.2 lb)	45 kg (99.2 lb)	57.5 (126.8 lb)	67.5 kg (148.8 lb)
Masters 50-59	---	35kg (77.2 lb)	45 kg (99.2 lb)	57.5 (126.8 lb)	67.5 kg (148.8 lb)
Masters 60-69	---	35kg (77.2 lb)	45 kg (99.2 lb)	57.5 (126.8 lb)	57.5 (126.8 lb)
Masters 70-79	---	22.5 kg (49.6 lb)	35 kg (77.2 lb)	45 kg (99.2 lb)	45 kg (99.2 lb)
Masters 80-89	---	15 kg (33.1 lb)	22.5 kg (49.6 lb)	35 kg (77.2 lb)	35 kg (77.2 lb)
Masters 90+	---	10 kg (22.0 lb)	15 kg (33.1 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)

B. Females

Female Age Range	STANDARD HANDLE WEIGHT (Kg) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220 & Above
Youth 6-7	7.94 kg (17.5 lb)	7.94 kg (17.5 lb)	10 kg (22.0 lb)	10 kg (22.0 lb)	---
Youth 8-9	7.94 kg (17.5 lb)	7.94 kg (17.5 lb)	10 kg (22.0 lb)	10 kg (22.0 lb)	---
Youth 10-11	7.94 kg (17.5 lb)	10 kg (22.0 lb)	10 kg (22.0 lb)	10 kg (22.0 lb)	10 kg (22.0 lb)
Youth 12-13	7.94 kg (17.5 lb)	10 kg (22.0 lb)	10 kg (22.0 lb)	15 kg (33.1 lb)	15 kg (33.1 lb)
Teen 14-15	10 kg (22.0 lb)	15 kg (33.1 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)
Teen 16-17	15 kg (33.1 lb)	15 kg (33.1 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)
Teen 18-19	15 kg (33.1 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)	35 kg (77.2 lb)
Junior 20-23	---	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)	35 kg (77.2 lb)	45 kg (99.2 lb)
Open 24-34	---	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)	35 kg (77.2 lb)	45 kg (99.2 lb)
Submasters 35-39	---	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)	35 kg (77.2 lb)	35 kg (77.2 lb)
Masters 40-49	---	15 kg (33.1 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)	35 kg (77.2 lb)
Masters 50-59	---	15 kg (33.1 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)
Masters 60-69	---	15 kg (33.1 lb)	15 kg (33.1 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)
Masters 70-79	---	15 kg (33.1 lb)	15 kg (33.1 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)
Masters 80-89	---	10 kg (22.0 lb)	10 kg (22.0 lb)	15 kg (33.1 lb)	15 kg (33.1 lb)
Masters 90+	---	8 kg (17.6 lb)	8 kg (17.6 lb)	10 kg (22.0 lb)	10 kg (22.0 lb)

Notes:

1. Use farmer's walk handles for weights ≥ 10 kg.
2. Contestants may elect to move up or down one or more IMPLEMENT WEIGHT CATEGORIES but may not go below their implement STANDARD IMPLEMENT WEIGHTS to compete for medals in their respective age and bodyweight classifications. However, contestants may not go down more than two IMPLEMENT WEIGHT CATEGORIES below their STANDARD IMPLEMENT WEIGHTS to be eligible for AAU American and World Records for their age, bodyweight, and selected implement weights.

STANDARD WEIGHT TABLE No. 6B -- 25m Farmer's Walk with One Turnaround, Pound Plates**A. Males**

Male Age Range	STANDARD HANDLE WEIGHT (lb) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-308+
Youth 6-7	17.5	17.5	25	25	---
Youth 8-9	17.5	17.5	25	25	---
Youth 10-11	17.5	25	35	35	35
Youth 12-13	25	35	50	50	50
Teen 14-15	35	50	75	75	75
Teen 16-17	35	50	75	75	100
Teen 18-19	35	50	75	100	125
Junior 20-23	---	75	100	125	150
Open 24-34	---	100	125	150	175
Submasters 35-39	---	100	125	150	175
Masters 40-49	---	75	100	125	150
Masters 50-59	---	75	100	125	150
Masters 60-69	---	75	100	125	125
Masters 70-79	---	50	75	100	100
Masters 80-89	---	35	50	75	75
Masters 90+	---	25	35	50	50

B. Females

Female Age Range	STANDARD HANDLE WEIGHT (lb) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220 & Above
Youth 6-7	17.5	17.5	25	25	---
Youth 8-9	17.5	17.5	25	25	---
Youth 10-11	17.5	25	25	25	25
Youth 12-13	17.5	25	25	35	35
Teen 14-15	25	35	50	50	50
Teen 16-17	35	35	50	50	50
Teen 18-19	35	50	75	75	100
Junior 20-23	---	50	75	100	100
Open 24-34	---	50	50	75	100
Submasters 35-39	---	50	50	75	75
Masters 40-49	---	35	50	50	75
Masters 50-59	---	35	50	50	50
Masters 60-69	---	35	35	50	50
Masters 70-79	---	35	35	50	50
Masters 80-89	---	25	25	35	35
Masters 90+	---	17.5	17.5	25	25

Notes:

1. Use farmer's walk handles for weights ≥ 17.5 lb.
2. Contestants may elect to move up or down one or more IMPLEMENT WEIGHT CATEGORIES but may not go below their implement STANDARD IMPLEMENT WEIGHTS to compete for medals in their respective age and bodyweight classifications. However, contestants may not go down more than two IMPLEMENT WEIGHT CATEGORIES below their STANDARD IMPLEMENT WEIGHTS to be eligible for AAU American and World Records for their age, bodyweight, and selected implement weights.

STANDARD WEIGHT TABLE No. 7 -- 25m Sled Push**A. Males**

Male Age Range	STANDARD SLED WEIGHT (lb) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-308+
Youth 6-7	75	75	75	---	---
Youth 8-9	75	75	75	75	---
Youth 10-11	75	75	100	100	125
Youth 12-13	75	100	100	125	150
Teen 14-15	75	100	125	150	200
Teen 16-17	100	125	150	175	250
Teen 18-19	100	125	150	225	300
Junior 20-23	N/A	150	200	300	375
Open 24-34	N/A	175	250	350	400
Submasters 35-39	N/A	150	225	300	350
Masters 40-49	N/A	125	225	275	300
Masters 50-59	N/A	125	200	250	275
Masters 60-69	N/A	100	175	225	250
Masters 70-79	N/A	100	150	175	200
Masters 80-89	N/A	75	100	125	150
Masters 90+	N/A	75	75	100	100

B. Females

Female Age Range	STANDARD SLED WEIGHT (lb) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220 & Above
Youth 6-7	75	75	75	---	---
Youth 8-9	75	75	75	75	---
Youth 10-11	75	75	75	75	75
Youth 12-13	75	75	75	100	100
Teen 14-15	75	75	100	125	125
Teen 16-17	75	100	125	150	150
Teen 18-19	75	100	125	175	175
Junior 20-23	N/A	125	150	200	250
Open 24-34	N/A	125	150	200	250
Submasters 35-39	N/A	100	125	175	200
Masters 40-49	N/A	100	125	150	175
Masters 50-59	N/A	100	100	125	150
Masters 60-69	N/A	75	100	100	125
Masters 70-79	N/A	75	75	75	100
Masters 80-89	N/A	75	75	75	75
Masters 90+	N/A	75	75	75	75

N/A = Not Applicable

Notes:

1. Sled empty weight = 75 lb
2. Standard Weights are in 25-lb increments
3. Standard course is 25m.
4. Meet Director may change the length of course, and then change the standard weights accordingly.

STANDARD WEIGHT TABLE No. 3 -- Axle Clean (Once) & Presses for Reps**A. Males**

Male Age Range	STANDARD AXLE WEIGHT* (Kg) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-308+
Youth 6-7	7.5	10	12.5	15	---
Youth 8-9	12.5	15	22.5	30	---
Youth 10-11	17.5	20	25	30	35
Youth 12-13	22.5	25	30	35	40
Teen 14-15	27.5	30	35	40	45
Teen 16-17	30.0	35	40	45	50
Teen 18-19	35.0	40	45	50	55
Junior 20-23	---	45	50	55	60
Open 24-34	---	50	55	60	65
Submasters 35-39	---	45	50	55	60
Masters 40-49	---	40	45	50	55
Masters 50-59	---	35	40	45	50
Masters 60-69	---	30	35	40	45
Masters 70-79	---	25	30	35	40
Masters 80-89	---	20	25	30	35
Masters 90+	---	15	20	25	30

B. Females

Female Age Range	STANDARD AXLE WEIGHT* (Kg) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220 & Above
Youth 6-7	7.5	10	10	15	---
Youth 8-9	10	12.5	15	17.5	---
Youth 10-11	10.0	12.5	15	17.5	17.5
Youth 12-13	10	12.5	15	17.5	20
Teen 14-15	15.0	17.5	20	22.5	25.0
Teen 16-17	20.0	22.5	25	27.5	30.0
Teen 18-19	25.0	27.5	30	32.5	35.0
Junior 20-23	---	32.5	35	37.5	40
Open 24-34	---	37.5	40	42.5	45
Submasters 35-39	---	32.5	35	37.5	40
Masters 40-49	---	27.5	30	32.5	35.0
Masters 50-59	---	22.5	25	27.5	30.0
Masters 60-69	---	17.5	20	22.5	25.0
Masters 70-79	---	12.5	15	17.5	20
Masters 80-89	---	12.5	15	17.5	17.5
Masters 90+	---	10	10	15	15

Notes:

1. Contestants may elect to move up or down 10% or multiples of 10% below their STANDARD
2. The meet director has the option of modifying the STANDARD BARBELL WEIGHT for a given age and bodyweight class if in his/her opinion the weights shown herein do not fairly represent the abilities of the AAU Powerlifting membership. Such changes will be reviewed after the meet for consideration of becoming permanent changes to these tables.
3. Minimum weight is the implement weight of 7.5 kg (15 lb) for the Ladies Bar and 31.75 kg (70 lb) for the Men's Bar.

STANDARD WEIGHT TABLE No. 11A -- 25m Zercher's Carry, Kg Plates**A. Males**

Male Age Range	STANDARD BAR WEIGHT (Kg) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-308+
Youth 6-7	7.94 kg (15.0 lb)	7.94 kg (15.0 lb)	10 kg (22.0 lb)	10 kg (22.0 lb)	---
Youth 8-9	7.94 kg (15.0 lb)	7.94 kg (15.0 lb)	10 kg (22.0 lb)	10 kg (22.0 lb)	---
Youth 10-11	7.94 kg (15.0 lb)	10 kg (22.0 lb)	15 kg (33.1 lb)	15 kg (33.1 lb)	15 kg (33.1 lb)
Youth 12-13	10 kg (22.0 lb)	15 kg (33.1 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)
Teen 14-15	15 kg (33.1 lb)	22.5 kg (49.6 lb)	35 kg (77.2 lb)	35 kg (77.2 lb)	35 kg (77.2 lb)
Teen 16-17	15 kg (33.1 lb)	22.5 kg (49.6 lb)	35 kg (77.2 lb)	35 kg (77.2 lb)	45 kg (99.2 lb)
Teen 18-19	15 kg (33.1 lb)	22.5 kg (49.6 lb)	35 kg (77.2 lb)	45 kg (99.2 lb)	57.5 (126.8 lb)
Junior 20-23	---	35 kg (77.2 lb)	45 kg (99.2 lb)	57.5 (126.8 lb)	67.5 kg (148.8 lb)
Open 24-34	---	45 kg (99.2 lb)	57.5 (126.8 lb)	67.5 kg (148.8 lb)	80 kg (176.4 lb)
Submasters 35-39	---	45 kg (99.2 lb)	57.5 (126.8 lb)	67.5 kg (148.8 lb)	80 kg (176.4 lb)
Masters 40-49	---	35kg (77.2 lb)	45 kg (99.2 lb)	57.5 (126.8 lb)	67.5 kg (148.8 lb)
Masters 50-59	---	35kg (77.2 lb)	45 kg (99.2 lb)	57.5 (126.8 lb)	67.5 kg (148.8 lb)
Masters 60-69	---	35kg (77.2 lb)	45 kg (99.2 lb)	57.5 (126.8 lb)	57.5 (126.8 lb)
Masters 70-79	---	22.5 kg (49.6 lb)	35 kg (77.2 lb)	45 kg (99.2 lb)	45 kg (99.2 lb)
Masters 80-89	---	15 kg (33.1 lb)	22.5 kg (49.6 lb)	35 kg (77.2 lb)	35 kg (77.2 lb)
Masters 90+	---	10 kg (22.0 lb)	15 kg (33.1 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)

B. Females

Female Age Range	STANDARD BAR WEIGHT (Kg) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220 & Above
Youth 6-7	7.94 kg (15.0 lb)	7.94 kg (15.0 lb)	10 kg (22.0 lb)	10 kg (22.0 lb)	---
Youth 8-9	7.94 kg (15.0 lb)	7.94 kg (15.0 lb)	10 kg (22.0 lb)	10 kg (22.0 lb)	---
Youth 10-11	7.94 kg (15.0 lb)	10 kg (22.0 lb)	10 kg (22.0 lb)	10 kg (22.0 lb)	10 kg (22.0 lb)
Youth 12-13	7.94 kg (15.0 lb)	10 kg (22.0 lb)	10 kg (22.0 lb)	15 kg (33.1 lb)	15 kg (33.1 lb)
Teen 14-15	10 kg (22.0 lb)	15 kg (33.1 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)
Teen 16-17	15 kg (33.1 lb)	15 kg (33.1 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)
Teen 18-19	15 kg (33.1 lb)	22.5 kg (49.6 lb)	35 kg (77.2 lb)	35 kg (77.2 lb)	35 kg (77.2 lb)
Junior 20-23	---	22.5 kg (49.6 lb)	35 kg (77.2 lb)	45 kg (99.2 lb)	45 kg (99.2 lb)
Open 24-34	---	35 kg (77.2 lb)	35 kg (77.2 lb)	45 kg (99.2 lb)	45 kg (99.2 lb)
Submasters 35-39	---	35 kg (77.2 lb)	35 kg (77.2 lb)	45 kg (99.2 lb)	45 kg (99.2 lb)
Masters 40-49	---	22.5 kg (49.6 lb)	35 kg (77.2 lb)	35 kg (77.2 lb)	35 kg (77.2 lb)
Masters 50-59	---	22.5 kg (49.6 lb)	35 kg (77.2 lb)	35 kg (77.2 lb)	35 kg (77.2 lb)
Masters 60-69	---	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)	35 kg (77.2 lb)	35 kg (77.2 lb)
Masters 70-79	---	15 kg (33.1 lb)	15 kg (33.1 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)
Masters 80-89	---	10 kg (22.0 lb)	15 kg (33.1 lb)	15 kg (33.1 lb)	15 kg (33.1 lb)
Masters 90+	---	7.5 kg (22.0 lb)	10 kg (22.0 lb)	10 kg (22.0 lb)	10 kg (22.0 lb)

Notes:

1. Use standard Farmer's Walk handles with handles facing downward.
2. Contestants may elect to move up or down one or more IMPLEMENT WEIGHT CATEGORIES but may not go below their implement STANDARD IMPLEMENT WEIGHTS to compete for medals in their respective age and bodyweight classifications. However, contestants may not go down more than two IMPLEMENT WEIGHT CATEGORIES below their STANDARD IMPLEMENT WEIGHTS to be eligible for AAU American and World Records for their age, bodyweight, and selected implement weights.
3. Standard course is 25m up and 25m back.
4. Meet Director may change the length of course and number of turnarounds.

STANDARD WEIGHT TABLE No. 11B -- 25m Zercher's Carry, Lb Plates**A. Males**

Male Age Range	STANDARD BAR WEIGHT (lb) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-308+
Youth 6-7	17.5	17.5	25	25	---
Youth 8-9	17.5	17.5	25	25	---
Youth 10-11	17.5	25	35	35	35
Youth 12-13	25	35	50	50	50
Teen 14-15	35	50	75	75	75
Teen 16-17	35	50	75	75	100
Teen 18-19	35	50	75	100	125
Junior 20-23	---	75	100	125	150
Open 24-34	---	100	125	150	175
Submasters 35-39	---	100	125	150	175
Masters 40-49	---	75	100	125	150
Masters 50-59	---	75	100	125	150
Masters 60-69	---	75	100	125	125
Masters 70-79	---	50	75	100	100
Masters 80-89	---	35	50	75	75
Masters 90+	---	25	35	50	50

B. Females

Female Age Range	STANDARD BAR WEIGHT (lb) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220 & Above
Youth 6-7	17.5	17.5	25	25	---
Youth 8-9	17.5	17.5	25	25	---
Youth 10-11	17.5	25	25	25	25
Youth 12-13	17.5	25	25	35	35
Teen 14-15	25	35	50	50	50
Teen 16-17	35	35	50	50	50
Teen 18-19	35	50	75	75	100
Junior 20-23	---	50	75	100	100
Open 24-34	---	75	75	100	100
Submasters 35-39	---	75	75	100	100
Masters 40-49	---	50	75	75	100
Masters 50-59	---	50	75	75	75
Masters 60-69	---	50	50	75	75
Masters 70-79	---	35	35	50	75
Masters 80-89	---	25	35	35	50
Masters 90+	---	20	25	25	35

Notes:

1. Use standard Farmer's Walk handles with handles facing downward.
2. Contestants may elect to move up or down one or more IMPLEMENT WEIGHT CATEGORIES but may not go below their implement *STANDARD* IMPLEMENT WEIGHTS to compete for medals in their respective age and bodyweight classifications. However, contestants may not go down more than two IMPLEMENT WEIGHT CATEGORIES below their *STANDARD* IMPLEMENT WEIGHTS to be eligible for AAU American and World Records for their age, bodyweight, and selected implement weights.
3. Standard course is 25m up and 25m back.
4. Meet Director may change the length of course and number of turnarounds.

STANDARD WEIGHT TABLE No. 12 -- 25m Sled Pull**A. Males**

Male Age Range	STANDARD SLED WEIGHT (lb) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-308+
Youth 6-7	75	75	75	---	---
Youth 8-9	75	75	75	75	---
Youth 10-11	75	75	100	100	125
Youth 12-13	75	100	100	125	150
Teen 14-15	75	100	125	150	200
Teen 16-17	100	125	150	175	250
Teen 18-19	100	125	150	225	300
Junior 20-23	N/A	150	200	300	375
Open 24-34	N/A	175	250	350	400
Submasters 35-39	N/A	150	225	300	350
Masters 40-49	N/A	125	225	275	300
Masters 50-59	N/A	125	200	250	275
Masters 60-69	N/A	100	175	225	250
Masters 70-79	N/A	100	150	175	200
Masters 80-89	N/A	75	100	125	150
Masters 90+	N/A	75	75	100	100

B. Females

Female Age Range	STANDARD SLED WEIGHT (lb) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220 & Above
Youth 6-7	75	75	75	---	---
Youth 8-9	75	75	75	75	---
Youth 10-11	75	75	75	75	75
Youth 12-13	75	75	75	100	100
Teen 14-15	75	75	100	125	125
Teen 16-17	75	100	125	150	150
Teen 18-19	75	100	125	175	175
Junior 20-23	N/A	125	150	200	250
Open 24-34	N/A	125	150	200	250
Submasters 35-39	N/A	100	125	175	200
Masters 40-49	N/A	100	125	150	175
Masters 50-59	N/A	100	100	125	150
Masters 60-69	N/A	75	100	100	125
Masters 70-79	N/A	75	75	75	100
Masters 80-89	N/A	75	75	75	75
Masters 90+	N/A	75	75	75	75

Notes:

1. Sled empty weight = 75 lb
2. Standard Weights are in 25-lb increments
3. Standard course is 25m.
4. Meet Director may change the length of course, and then change the standard weights accordingly.

STANDARD WEIGHT TABLE No. 13 -- 25m Wheelbarrow Push**A. Males**

Male Age Range	STANDARD WHEELBARROW WEIGHT (lb) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-308+
Youth 6-7	100	100	100	---	---
Youth 8-9	100	100	200	200	---
Youth 10-11	100	200	200	200	300
Youth 12-13	100	200	200	300	400
Teen 14-15	100	200	300	400	500
Teen 16-17	200	200	300	400	500
Teen 18-19	200	300	400	500	600
Junior 20-23	N/A	400	500	600	700
Open 24-34	N/A	400	600	700	800
Submasters 35-39	N/A	400	500	600	700
Masters 40-49	N/A	300	400	500	600
Masters 50-59	N/A	300	400	500	600
Masters 60-69	N/A	300	400	500	600
Masters 70-79	N/A	200	300	400	400
Masters 80-89	N/A	100	200	300	300
Masters 90+	N/A	100	100	200	200

B. Females

Female Age Range	STANDARD WHEELBARROW WEIGHT (lb) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220 & Above
Youth 6-7	100	100	100	---	---
Youth 8-9	100	100	100	100	---
Youth 10-11	100	100	100	100	200
Youth 12-13	100	100	100	200	200
Teen 14-15	100	100	200	200	300
Teen 16-17	100	100	200	300	300
Teen 18-19	100	200	200	300	400
Junior 20-23	N/A	200	300	400	500
Open 24-34	N/A	200	300	400	500
Submasters 35-39	N/A	200	300	300	400
Masters 40-49	N/A	200	300	300	300
Masters 50-59	N/A	200	200	200	300
Masters 60-69	N/A	100	200	200	300
Masters 70-79	N/A	100	200	200	200
Masters 80-89	N/A	100	100	200	200
Masters 90+	N/A	100	100	100	200

Notes:

1. Wheelbarrow empty weight = 100 lb
2. Standard Weights are in 100-lb increments
3. Standard course is 25m up and 25m back.
4. Meet Director may change the length of course and number of turnarounds.

STANDARD WEIGHT TABLE No. 14 -- Bench Press for Reps**A. Males**

Male Age Range	STANDARD BARBELL WEIGHT (Kg) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-309
Youth 6-7	7.5	10	12.5	15	---
Youth 8-9	12.5	15	22.5	30	---
Youth 10-11	15	20	30	35	---
Youth 12-13	20	25	35	45	50
Teen 14-15	30	35	45	60	70
Teen 16-17	35	40	50	75	90
Teen 18-19	45	50	60	90	105
Junior 20-23	---	60	75	100	125
Open 24-34	---	70	90	105	130
Submasters 35-39	---	65	85	100	120
Masters 40-49	---	60	80	90	100
Masters 50-59	---	55	75	85	95
Masters 60-69	---	50	70	80	85
Masters 70-79	---	42.5	60	65	75
Masters 80-89	---	37.5	50	60	65
Masters 90+	---	30	40	50	55

B. Females

Female Age Range	STANDARD BARBELL WEIGHT (Kg) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220-221
Youth 6-7	7.5	10	12.5	15	---
Youth 8-9	10	12.5	15	17.5	---
Youth 10-11	12.5	15	17.5	22.5	25
Youth 12-13	15	17.5	20	25	27.5
Teen 14-15	20	25	30	35	40
Teen 16-17	25	27.5	35	40	45
Teen 18-19	30	32.5	40	45	50
Junior 20-23	---	37.5	45	50	55
Open 24-34	---	42.5	50	55	60
Submasters 35-39	---	37.5	45	50	55
Masters 40-49	---	32.5	40	45	50
Masters 50-59	---	30	35	40	45
Masters 60-69	---	27.5	32.5	37.5	42.5
Masters 70-79	---	25	30	35	37.5
Masters 80-89	---	22.5	27.5	32.5	35
Masters 90+	---	20	25	27.5	30

Notes:

1. Contestants may elect to move up or down 10% or multiples of 10% above or below their STANDARD BARBELL WEIGHTS (rounded off to the nearest 5 kg) but may not go below their STANDARD BARBELL WEIGHTS to compete for medals in their respective age and bodyweight classifications. Contestants may not go down more than 20% below their STANDARD BARBELL WEIGHTS to be eligible for AAU American and World Records for approved number of reps for their age, bodyweight, and selected barbell weights.

STANDARD WEIGHT TABLE No. 15A -- Strict Curls for Reps, Kg Plates**A. Males**

Male Age Range	STANDARD CURL BAR WEIGHT (Kg) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-308+
Youth 6-7	7.5	10	15	15	--
Youth 8-9	10	12.5	17.5	17.5	--
Youth 10-11	12.5	15	20	20	22.5
Youth 12-13	15	17.5	22.5	25	27.5
Teen 14-15	17.5	20	25	30	35
Teen 16-17	20	22.5	27.5	32.5	37.5
Teen 18-19	22.5	25	30	35	40
Junior 20-23	---	27.5	32.5	37.5	42.5
Open 24-34	---	30	37.5	42.5	45
Submasters 35-39	---	27.5	32.5	37.5	42.5
Masters 40-49	---	25	30	35	40
Masters 50-59	---	22.5	27.5	32.5	37.5
Masters 60-69	---	20	25	30	35
Masters 70-79	---	17.5	22.5	27.5	32.5
Masters 80-89	---	12.5	15	15	20
Masters 90+	---	10	12.5	12.5	15

B. Females

Female Age Range	STANDARD CURL BAR WEIGHT (Kg) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220 & Above
Youth 6-7	5	7.5	10	12.5	--
Youth 8-9	5	7.5	10	12.5	--
Youth 10-11	7.5	10	12.5	15	17.5
Youth 12-13	10	12.5	15	17.5	20
Teen 14-15	12.5	15	17.5	20	22.5
Teen 16-17	15	17.5	20	22.5	25
Teen 18-19	17.5	20	22.5	25	27.5
Junior 20-23	---	20	22.5	25	27.5
Open 24-34	---	20	22.5	25	27.5
Submasters 35-39	---	20	22.5	25	27.5
Masters 40-49	---	20	22.5	25	27.5
Masters 50-59	---	17.5	20	22.5	25
Masters 60-69	---	15	17.5	20	22.5
Masters 70-79	---	12.5	12.5	15	17.5
Masters 80-89	---	7.5	7.5	10	12.5
Masters 90+	---	5	5	7.5	10

Notes:

1. Contestants may elect to move up or down 10% or multiples of 10% above or below their STANDARD BARBELL WEIGHTS (rounded off to the nearest 5 kg) but may not go below their STANDARD BARBELL WEIGHTS to compete for medals in their respective age and bodyweight classifications. Contestants may not go down more than 20% below their STANDARD BARBELL WEIGHTS to be eligible for AAU American and World Records for approved number of reps for their age, bodyweight, and selected barbell weights.

STANDARD WEIGHT TABLE No. 15B -- Strict Curls for Reps, Lb Plates**A. Males**

Male Age Range	STANDARD CURL BAR WEIGHT (lb) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-308+
Youth 6-7	10	15	25	35	---
Youth 8-9	15	25	35	40	---
Youth 10-11	20	30	40	45	50
Youth 12-13	30	40	50	55	60
Teen 14-15	35	45	55	65	75
Teen 16-17	40	50	60	70	80
Teen 18-19	45	55	65	75	85
Junior 20-23	---	60	70	80	90
Open 24-34	---	65	80	90	100
Submasters 35-39	---	60	70	80	95
Masters 40-49	---	55	65	75	90
Masters 50-59	---	50	60	70	85
Masters 60-69	---	45	55	65	80
Masters 70-79	---	40	50	60	70
Masters 80-89	---	30	32.5	32.5	45
Masters 90+	---	20	27.5	27.5	32.5

B. Females

Female Age Range	STANDARD CURL BAR WEIGHT (lb) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220 & Above
Youth 6-7	10	15	20	25	---
Youth 8-9	12.5	17.5	22.5	25	---
Youth 10-11	15	20	25	30	35
Youth 12-13	20	25	30	35	40
Teen 14-15	30	35	40	45	45
Teen 16-17	35	40	45	50	55
Teen 18-19	40	45	50	55	60
Junior 20-23	---	45	50	55	60
Open 24-34	---	45	50	55	60
Submasters 35-39	---	45	50	55	60
Masters 40-49	---	45	50	55	60
Masters 50-59	---	40	45	50	55
Masters 60-69	---	35	40	45	50
Masters 70-79	---	30	27.5	32.5	37.5
Masters 80-89	---	20	17.5	22.5	27.5
Masters 90+	---	12.5	12.5	17.5	22.5

Notes:

1. Contestants may elect to move up or down 10% or multiples of 10% above or below their STANDARD BARBELL WEIGHTS (rounded off to the nearest 5 lb) but may not go below their STANDARD BARBELL WEIGHTS to compete for medals in their respective age and bodyweight classifications. Contestants may not go down more than 20% below their STANDARD BARBELL WEIGHTS to be eligible for AAU American and World Records for approved number of reps for their age, bodyweight, and selected barbell weights.

WOMEN'S STANDARDS FOR KING OF MEGA LIFT/ MONDO LIFT/ DNA LIFT, BEST ATHLETE SCORING FORMULAS

No.	EVENT	MEGA LIFT	MONDO LIFT	DNA* LIFT	BEST OPEN ATHLETE SCORING FORMULA
1	2" Axle Deadlift (max wt, 3-lift)	70 kg (154.3 lb)	85 kg (187.4 lb)	95 kg (209.4 lb)	1 pt for Megalift, 2 pts for Mondolift, 3 pts for DNA lift
2	Standing Long Jump (max dist, 4 attempts)	85 in	95 in	100 in	1 pt for Megalift, 2 pts for Mondolift, 3 pts for DNA lift
3	Log Clean (Once) & Presses Reps (60-sec limit)	Min. 2 reps @ SW+20%	Min. 2 reps @ SW+40%	Min. 2 reps @ SW+70%	1 pt for Megalift, 2 pts for Mondolift, 3 pts for DNA lift
4	Hand Gripper (3 attempts)	140 lb	160 lb	190 lb	1 pt for Megalift, 2 pts for Mondolift, 3 pts for DNA lift
5	Tire Toss	25 ft @ 16-lb tire	30 ft @ 16-lb tire	35 ft @ 16-lb tire	1 pt for Megalift, 2 pts for Mondolift, 3 pts for DNA lift
6	25m Farmer's Walk	20 sec @ SW	20 sec @ SW+2 Classes	20 sec @ SW+4 Classes	1 pt for Megalift, 2 pts for Mondolift, 3 pts for DNA lift
7	25m Sled Push	20 sec @ SW	20 sec @ SW+100 lb	20 sec @ SW+200 lb	1 pt for Megalift, 2 pts for Mondolift, 3 pts for DNA lift
8	Orangutan Hang (no time limit)	45 sec	65 sec	85 sec	1 pt for Megalift, 2 pts for Mondolift, 3 pts for DNA lift
9	Strict Curl Max Weight (max wt, 3-lift)	40 kg (88.2 lb)	45 kg (99.2 lb)	50 kg (110.2 lb)	1 pt for Megalift, 2 pts for Mondolift, 3 pts for DNA lift
10	2" Axle Clean (Once) & Presses Reps (60-sec limit)	Min. 2 reps @ SW+20%	Min. 2 reps @ SW+40%	Min. 2 reps @ SW+70%	1 pt for Megalift, 2 pts for Mondolift, 3 pts for DNA lift
11	25m Zercher's Carry	20 sec @ SW	20 sec @ SW+1 Class	20 sec @ SW+4 Classes	1 pt for Megalift, 2 pts for Mondolift, 3 pts for DNA lift
12	25m Sled Pull	50 sec @ SW	50 sec @ SW+100 lb	50 sec @ SW+200 lb	1 pt for Megalift, 2 pts for Mondolift, 3 pts for DNA lift
13	25m Wheelbarrow	20 sec @ SW	20 sec @ SW+100 lb	20 sec @ SW+200 lb	1 pt for Megalift, 2 pts for Mondolift, 3 pts for DNA lift
14	Bench Press for Reps (60-sec limit)	Min. 2 reps @ SW+20%	Min. 2 reps @ SW+40%	Min. 2 reps @ SW+70%	1 pt for Megalift, 2 pts for Mondolift, 3 pts for DNA lift
15	Strict Curls for Reps (60-sec limit)	Min. 2 reps @ SW+20%	Min. 2 reps @ SW+40%	Min. 2 reps @ SW+70%	1 pt for Megalift, 2 pts for Mondolift, 3 pts for DNA lift
16	Deadlift for Reps (60-sec limit)	Min. 2 reps @ SW+20%	Min. 2 reps @ SW+40%	Min. 2 reps @ SW+70%	1 pt for Megalift, 2 pts for Mondolift, 3 pts for DNA lift

*DNA = Dominate 'n Annihilate

SW = Standard Weight

STANDARD WEIGHT TABLE No. 16 -- Deadlift for Reps**A. Males**

Male Age Range	STANDARD BARBELL WEIGHT (Kg) per Bodyweight Class Range				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-309
Youth 6-7	12.5	15	17.5	20	---
Youth 8-9	22.5	25	27.5	32.5	---
Youth 10-11	30	35	45	55	---
Youth 12-13	40	45	60	75	90
Teen 14-15	50	55	75	90	110
Teen 16-17	57.5	65	90	110	125
Teen 18-19	65	75	105	125	145
Junior 20-23	---	80	115	135	165
Open 24-34	---	85	120	145	170
Submasters 35-39	---	80	115	140	165
Masters 40-49	---	75	110	130	155
Masters 50-59	---	70	100	120	140
Masters 60-69	---	65	95	110	125
Masters 70-79	---	60	85	95	105
Masters 80-89	---	55	75	80	90
Masters 90+	---	50	55	65	75

B. Females

Female Age Range	STANDARD BARBELL WEIGHT (Kg) per Bodyweight Class Range				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220 & 221
Youth 6-7	10	12.5	15	17.5	---
Youth 8-9	17.5	20	25	27.5	---
Youth 10-11	22.5	25	30	35	---
Youth 12-13	27.5	30	37.5	45	47.5
Teen 14-15	30	35	45	55	57.5
Teen 16-17	35	40	55	65	67.5
Teen 18-19	42.5	47.5	62.5	75	80
Junior 20-23	---	55	70	85	90
Open 24-34	---	60	75	90	95
Submasters 35-39	---	55	70	85	90
Masters 40-49	---	45	55	70	75
Masters 50-59	---	40	50	60	65
Masters 60-69	---	37.5	45	50	55
Masters 70-79	---	32.5	40	45	50
Masters 80-89	---	30	32.5	35	40
Masters 90+	---	25	27.5	30	35

1. Contestants may elect to move up or down 10% or multiples of 10% above or below their STANDARD BARBELL WEIGHTS (rounded off to the nearest 5 kg) but may not go below their STANDARD BARBELL WEIGHTS to compete for medals in their respective age and bodyweight classifications. Contestants may not go down more than 20% below their STANDARD BARBELL WEIGHTS to be eligible for AAU American and World Records for approved number of reps for their age, bodyweight, and selected barbell weights.

MEN'S STANDARDS FOR KING OF MEGA LIFT/ MONDO LIFT/ DNA LIFT, BEST ATHLETE SCORING FORMULAS

No.	EVENT	MEGA LIFT	MONDO LIFT	DNA* LIFT	BEST OPEN ATHLETE SCORING FORMULA
1	2" Axle Deadlift (max wt, 3-lift)	120 kg (264.6 lb)	140 kg (308.6 lb)	160 kg (352.7lb)	1 pt for Megalift, 2 pts for Mondolift, 3 pts for DNA lift
2	Standing Long Jump (max dist, 4 attempts)	100 in	110 in	120 in	1 pt for Megalift, 2 pts for Mondolift, 3 pts for DNA lift
3	Log Clean (Once) & Presses Reps (60-sec limit)	Min. 2 reps @ SW+40%	Min 2 reps @ SW+60%	Min. 2 reps @ SW+100%	1 pt for Megalift, 2 pts for Mondolift, 3 pts for DNA lift
4	Hand Gripper	200 lb	220 lb	250 lb	1 pt for Megalift, 2 pts for Mondolift, 3 pts for DNA lift
5	Tire Toss	40 ft @ 16-lb tire	50 ft @ 16-lb tire	55 ft @ 16-lb tire	1 pt for Megalift, 2 pts for Mondolift, 3 pts for DNA lift
6	25m Farmer's Walk	15 sec @ SW+2 Classes	15 sec @ SW+4 Classes	15 sec @ SW+6 Classes	1 pt for Megalift, 2 pts for Mondolift, 3 pts for DNA lift
7	25m Sled Push	15 sec @ SW+100 lb	15 sec @ SW+200 lb	15 sec @ SW+300 lb	1 pt for Megalift, 2 pts for Mondolift, 3 pts for DNA lift
8	Orangutan Hang (no time limit)	70 sec	85 sec	100 sec	1 pt for Megalift, 2 pts for Mondolift, 3 pts for DNA lift
9	Strict Curl Max Weight (max wt, 3-lift)	57.5 kg (126.8 lb)	62.5 kg (137.8 lb)	75 kg (165.3 lb)	1 pt for Megalift, 2 pts for Mondolift, 3 pts for DNA lift
10	2" Axle Clean (Once) & Presses Reps (60-sec limit)	Min. 2 reps @ SW+40%	Min 2 reps @ SW+60%	Min. 2 reps @ SW+100%	1 pt for Megalift, 2 pts for Mondolift, 3 pts for DNA lift
11	25m Zercher's Carry	15 sec @ SW+2 Classes	15 sec @ SW+4 Classes	15 sec @ SW+6 Classes	1 pt for Megalift, 2 pts for Mondolift, 3 pts for DNA lift
12	25m Sled Pull	45 sec @ SW+100 lb	45 sec @ SW+200 lb	45 sec @ SW+300 lb	1 pt for Megalift, 2 pts for Mondolift, 3 pts for DNA lift
13	25m Wheelbarrow	20 sec @ SW+100 lb	20 sec @ SW+200 lb	20 sec @ SW+300 lb	1 pt for Megalift, 2 pts for Mondolift, 3 pts for DNA lift
14	Bench Press for Reps (60-sec limit)	Min. 2 reps @ SW+40%	Min 2 reps @ SW+60%	Min. 2 reps @ SW+100%	1 pt for Megalift, 2 pts for Mondolift, 3 pts for DNA lift
15	Strict Curls for Reps (60-sec limit)	Min. 2 reps @ SW+40%	Min 2 reps @ SW+60%	Min. 2 reps @ SW+100%	1 pt for Megalift, 2 pts for Mondolift, 3 pts for DNA lift
16	Deadlift for Reps (60-sec limit)	Min. 2 reps @ SW+40%	Min 2 reps @ SW+60%	Min. 2 reps @ SW+100%	1 pt for Megalift, 2 pts for Mondolift, 3 pts for DNA lift

*DNA = Dominate 'n Annihilate

SW = Standard Weight