

# 2015 AAU Tulsa Christmas Open Power Lifting, Push/Pull, Bench Press, Deadlift Championships Flyer



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



Date: Saturday December 19<sup>th</sup> 2015

Sponsored by Kid Strength, Inc.

- \* Location: 7709 E. 42nd Pl. Tulsa Okla., 74145 #137. 2 blocks west of 42nd and Memorial
- \* Weigh in and equipment check: (Fri-Dec. 18th, 6:00 pm to 7:30 pm) & (Dec. 19th, 8:00am to 9:00am)
- \* Meet Director: Dennis Brooks (dennisbrooks63@msn.com)
- \* Lifting begins at 10:00am; Saturday December 19<sup>th</sup> (rules meeting 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 6-7/8-9/10-11) (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. Knee sleeves cannot touch socks, shorts or singlet. **NO KNEE WRAPS IN RAW DIVISION!!!**
- \* Equipped Division: Single ply squat suit, dead lift suit 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. Knee wraps cannot touch squat suit or socks. More information, go to [www.aupowerlifting.org](http://www.aupowerlifting.org) and click on rules.
- \* Weights used will be in pounds.
- \* Entry Fee: \$55.00/crossover \$35.00/NO REFUNDS!!! (Powerlifting: squat, bench press, and dead lift). (Push/pull: bench press/deadlift). (Bench press only). (Deadlift only).
- \* Deadline: Entries postmarked after Dec. 16th, must pay a \$20.00 late fee. **Day of meet, cash only.**
- \* Spectator Admission: \$6.00 for adults---\$3.00 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.** Contact me and I will e-mail you a form.
- \* Awards: 1st-3rd place in each division and each weight class.
- \* Outstanding Lifter/Squat/Bench Press/Dead Lift: Middle School, High School, Jrs, 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 & follow prompts.
- \* 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](http://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: \_\_\_\_\_ Wt.: \_\_\_\_\_

Wt. Class \_\_\_\_\_

AAU Card #: \_\_\_\_\_ Sex: M F (Circle one)

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

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

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

Circle Lift Type: (Equipped) (Raw)

Entry Fee: \$55.00/Crossover: \$35.00 NO REFUNDS

Entries postmarked after Wednesday 12/16/2015 must pay a \$20.00 late fee. Cash only day of meet. **No Refunds!!**

Make Checks or Money Order payable to: Dennis Brooks

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

Please send Drug Test waivers with entry form for lifters above the age of 19. (Waivers can be obtained by contacting me).

Personal Best: Squat \_\_\_\_\_ Bench \_\_\_\_\_ Dead Lift \_\_\_\_\_ Total \_\_\_\_\_

Meet T-Shirt Pre Order: \$17.00 Day of the meet \$20.00/add \$2.00 for xxl/xxxl(if available)

Circle One: S M L XL XXL XXXL add \$2.00 extra for xxl/\$3.00 for xxxl.

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

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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BE PREPARED: Adult and Non Athlete memberships are no longer instant and cannot be applied for at the event. Please allow up to 10 days for memberships to be processed.

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