

2014 AAU World Powerlifting & International Bench, Deadlift and Push/Pull, Curl  
Championships and AAU World Indoor Feats of Strength

**QUALIFYING REQUIRED FOR THE POWERLIFTING AND SINGLE LIFTS**

**" The Quad" formerly the Imperial Palace Hotel Casino Las Vegas NV**

**YOU MAY EITHER POWERLIFT, BENCH, DEADLIFT OR PUSH/PULL, STRICT CURL OR ALL COMBINATIONS!**

**Date: Oct 17-19 – Location:** The Quad is in the heart of the strip. Please book your rooms early as special events often come to town. Our block is on a first come first serve basis. When the block fills, room rates WILL GO UP.

Our rate is only \$69/night Sun- Thur and \$81/night weekends. NO RESORT FEES !!!!! NEWLY RENOVATED ROOMS



**Testing:** Any athlete entered may be subject to drug testing per AAU 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, 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 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: 10/17/14 all **Women plus Men 165 and below**  
9:00 A.M 10/18/14 for **Men 181-198**  
9:00 A.M 10/19/14 for **Men 220-308+**

**Awards:** Trophies First thru Fifth (MINIMUM) Best lifter awards in many divisions  
Team Trophies first thru fifth

**Fees:** \$75 for first division entered \$35 crossover, for each additional class  
All lifters must have a current AAU membership card \$24 adult \$16 youth

**AAU CARDS** **AVAILABLE ONLINE AT [WWW.AAUSPORTS.ORG](http://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**

**Hotel Info:** Quad Hotel Casino 1-800-835-5686 and the group code is SQA AU4. \$69/night Sun- Thur and \$81/night weekends. NO RESORT FEES !!!!! NEWLY RENOVATED ROOMS

HOT LINK FOR HOTEL :

**LIMITED # OF ROOMS BOOK TODAY! BLOCK CLOSES SEPTEMBER 16 2014 OR WHEN SOLD OUT**

**Spectator Fee:** \$10 per day, except officials and lifters entered.

**Video Tapes:** NO OUTSIDE VIDEOING ALLOWED

**ENTRY DEADLINE IS SEPTEMBER 16 2014\_ LATE ENTRIES WILL NOT BE ACCEPTED!**

**No refunds!**

**Make checks or money orders payable to:**

Martin Drake  
P.O. Box 108  
Nuevo, Ca. 92567  
310-953-5030

E-MAIL [NATURALPOWER@EARTHLINK.NET](mailto:NATURALPOWER@EARTHLINK.NET)

**MEET WILL BE CAPPED AT 500 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.ausports.org](http://www.ausports.org) to obtain their membership

# 2014 AAU World Powerlifting & International **Bench, Deadlift and Push/Pull, Curl Championships and AAU World Indoor Feats of Strength**

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: \_\_\_\_\_ 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

# 2014 AAU Feats of Strength Indoor World Championships

## "The Quad" formerly the Imperial Palace Hotel Casino Las Vegas NV

**Date: Oct 17-19 – Location:** The Quad is in the heart of the strip. Please book your rooms early as special events often come to town. Our block is on a first come first serve basis. When the block fills, room rates WILL GO UP. Our rate is only \$69/night Sun-Thur and \$81/night weekends. NO RESORT FEES !!!!! NEWLY RENOVATED ROOMS



**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** (5, 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:** Weigh-ins will be each night before or morning of competition. See powerlifting entry form for weigh-in schedule. If you weigh in for the powerlifting and/or the weightlifting meet, that will be the official weigh-in for feats of strength.

**Schedule:** A schedule will be issued after the 9/26/14 submittal deadline.

**Rules Briefing & Warm-up:** 20 min before the start of each event.

**Competition:** Friday Oct. 17 through Sunday Oct. 19, 2014 in the Royal Ballroom (the same room as the powerlifting and weightlifting meets). See entry form on the next page.

**Awards:** Medals--First thru Fourth for each event will be awarded to individuals in each division.

**Award Ceremonies:** At the end of each event. You or your assigned representative must be present to pick up your award(s).

**Fees:** See entry form on the next page.

**Records:** Entrants will be eligible for AAU Feats of Strength American and World Records in every event.

**AAU CARDS** AVAILABLE ONLINE AT [WWW.AAUSPORTS.ORG](http://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 LIFTERS AGE 20+ WILL HAVE A BACKGROUND CHECK PERFORMED. PROCESS CAN ADD A WEEK TO CARD APPROVAL

**Hotel Info:** Quad Hotel Casino 1-800-835-5686 and the group code is SIPOW4. \$69/night Sun- Thur and \$81/night weekends. NO RESORT FEES !!!!! NEWLY RENOVATED ROOMS

HOT LINK FOR HOTEL: <https://aws.passkey.com/g/24157234>.

**LIMITED # OF ROOMS BOOK TODAY! BLOCK CLOSES SEPTEMBER 16, 2014 OR WHEN SOLD OUT**

**Spectator Fee:** \$10 per day, except officials and lifters entered.

**Video Tapes:** NO OUTSIDE VIDEOING ALLOWED

**FOS ENTRY DEADLINE IS SEPTEMBER 26, 2014**

**\$20 LATE FEE PER ENTRANT FOR ENTRIES POSTMARKED AFTER SEPTEMBER 26, 2014**

**NO EXCEPTIONS!**

**No refunds!**

**Make checks or money orders payable to:**

**Bill Weinstock**

**268 W. Laurel Ave.**

**Sierra Madre CA 91024**

**E-MAIL [billw3941@gmail.com](mailto:billw3941@gmail.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](http://www.aausports.org) to obtain their membership

## 2014 AAU FEATS OF STRENGTH INDOOR WORLD CHAMPIONSHIPS

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ A.A.U. PL # \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Weight Class \_\_\_\_\_ Age: \_\_\_\_\_ Height \_\_\_\_\_ D.O.B. \_\_\_\_\_ Sex \_\_\_\_\_

E-Mail address \_\_\_\_\_

Event	Youth (age 5-19) Single Event Cost	Adult (age 20+) Single Event Cost	Check here to sign up for indicated event
1. Pullups for Reps (Fri, Sat)	\$10	\$15	
2. Weighted Pullup (Fri, Sat)	\$10	\$15	
3. Orangutan Hang (Fri, Sat)	\$10	\$15	
4. Strict Pushups (Fri, Sat)	\$10	\$15	
5. Deadlift Lockout (Fri, Sat)	\$10	\$15	
6. Strict Curls for Reps (Fri, Sat)	\$10	\$15	
7. Overhead Press (Fri, Sat)	\$10	\$15	
8. Overhead Presses for Reps (Fri, Sat)	\$10	\$15	
9. Power Clean (Fri, Sat)	\$10	\$15	
10. Bench Press for Reps (Fri, Sat, Sun)	\$10	\$15	
11. Deadlift for Reps (Fri, Sat, Sun)	\$10	\$15	
12. Power Cleans for Reps (Sun)	\$10	\$15	
13. 1-Hand Partial Deadlift (Sun)	\$10	\$15	
14. Standing Long Jump (Sun)	\$10	\$15	
15. Handstand Race (Sun)	\$10	\$15	
16. Hand Grip Dynamometer (Sun)	\$10	\$15	
<b>LATE FEE IF ENTRY POSTMARKED AFTER 9/26/14</b>	<b>\$20</b>	<b>\$20</b>	---
<b>ACTUAL AMOUNT PAID</b>		<b>\$</b> _____	---

## 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

# 2014 AAU World MAS Strength Challenge presented by MAS Wrestling USA

**” The Quad” formerly the Imperial Palace Hotel Casino Las Vegas NV**

**Date: Oct 17-19 – Location:** The Quad is in the heart of the strip. Please book your rooms early as special events often come to town. Our block is on a first come first serve basis. When the block fills, room rates WILL GO UP.  
Our rate is only \$69/night Sun- Thur and \$81/night weekends. NO RESORT FEES !!!!! NEWLY RENOVATED ROOMS



**Testing:** Any athlete entered may be subject to drug testing per AAU procedures.

**Eligibility:** Must be a current member of the AAU. AAU membership card \$24 adult \$16 youth **AAU CARDS Available 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 ATHLETES AGE 20+ WILL HAVE A BACKGROUND CHECK PERFORMED. PROCESS CAN ADD A WEEK TO CARD APPROVAL**

**Divisions:** All weight classes listed below are provided in all divisions for **both men and women**. The competitors are divided into the following age groups:

No	Group	Age
1	Mini MAS Boys	5-11 years
2	Mini MAS Girls	5-11 years
3	Junior Boys	12-14 years
4	Junior Girls	12-14 years
5	Senior boys	15-17 years
6	Senior Girls	15-17 years
7	Junior Men	18-21 years
8	Junior Women	18-21 years
9	Men	18 years and older
10	Women	18 years and older
11	Veteran Men Masters I	40-49 years
12	Veteran Men Masters II	50 years and older
13	Veteran Women	40 years and older

**Weight Classes:** The competitors are divided into the following weight categories (kg):

Boys			Girls			Junior Men	Junior Women	Men	Women	Veterans		
Mini MAS	Junior	Senior	Mini MAS	Junior	Senior					Men	Men	Women
										Masters I	Masters II	
25	40	50	25	40	50	60	50	60	55	65	70	60
35	50	60	35	50	60	70	60	70	65	75	70+	70
45	60	70	45	60	70	80	70	80	75	85		70+
55	70	80	55	70	70+	90	80	90	75+	85+		
55+	70+	80+	55+	70+		90+	80+	105				
								125				
								125+				

Weight categories with 2 or less athletes may be merged with next higher weight category; weight categories with 3-5 athletes conducted in



Round Robin format; and weight categories with 6 or more athletes conducted in Double Elimination A-B format. MAS wrestling is an ancient sport from Yakutia (far northern region of the Russian Republic of Sakha). Athletes sit in front of each other, prop their feet against the board that divides the competition arena and pull on a short stick. The athlete that is assigned RED side (based on random draw) chooses the stick hold position (internal or external for the first match), and the one who chooses the external hold, shows his position (left or right) and has no right to change it. In second match the grip is reversed/switched (internal/external), and if third match is necessary, a blind draw of a ball (red or blue) is conducted (drawn by BLUE side) and the color drawn determine choice of stick position. The stick must be over the board and parallel to it, hands and fingers are not to overlap. Match starts on Referee's signal.

An athlete wins the match if he/his:

- o pulls (snatches out) the stick;
- o pulls the opponent over with the stick;
- o opponent releases a hand (hands);
- o opponent moves one or two feet over the board higher than knee level; or
- o opponent gets second caution in single match.

Cautions are given for:

- o hooking and resting the stick and/or arms against the board and/or toes;
- o twisting the stick over 90 degrees vertically and horizontally;
- o re-gripping and twisting the stick before start;
- o disobeying the Referee's orders before start;
- o false start; or
- o setting feet, body or head against the lateral device fastening the board;

No Contest is declared if:

- o the stick breaks; or
- o athletes fall together and are not able to continue the match.

Best two of three Bouts win the Match.

**Weigh-ins:** Early weigh-ins is 6:00-7:30 PM the night before tournament. Regular weigh-ins is 1 hour before start of tournament session.

#### **Tournament**

**Schedule:** **Saturday** PM 10/18/14 **all Women plus Men 80KG and below**  
**Sunday** PM 10/19/14 Men 90KG, 105KG, 125KG, and 125KG+

**Awards:** Trophies First thru Third. Special awards for outstanding performances.

**Fees:** \$40 with Online Registration <http://maswrestlingusa.com/wp/aaui-mas-strength-challenge-las-vegas-entry-form>  
All athletes must have a current AAU membership card \$24 adult \$16 youth **WWW.AAUSPORTS.ORG**

**Hotel Info:** **Quad Hotel Casino 1-800-835-5686 and the group code is SQA AU4.** \$69/night Sun-Thurs and \$81/night weekends. NO RESORT FEES! NEWLY RENOVATED ROOMS. HOT LINK FOR HOTEL: <https://resweb.passkey.com/go/SQA AU4>

**LIMITED # OF ROOMS BOOK TODAY! BLOCK CLOSSES SEPTEMBER 16 2014 OR WHEN SOLD OUT!**

**Spectator Fee:** \$10 per day, except officials and athletes entered.

**Video Tapes:: NO OUTSIDE VIDEOING ALLOWED**

**ENTRY DEADLINE IS October 10, 2014; At Venue LATE Entry \$60! No refunds! Entry via Online Registration**  
<http://maswrestlingusa.com/wp/aaui-mas-strength-challenge-las-vegas-entry-form>  
**and Entry Fee payable via Pay Pal**

Alternatively make checks or money orders payable to:

**MAS Wrestling USA**  
212 Heavenly Valley  
Newbury Park, Ca. 91320

#### **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.

• 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](http://www.aausports.org) to obtain their membership